

Rock-Solid

The Payoff---Greater Strength

The alternating shoulder press in this exercise workout helps you look great all over. Because you work each arm separately, both sides of your body are trained evenly -- helping you avoid muscle imbalances.

Workout A: Weeks 1 & 2

1 Alternating Shoulder



Stand holding a dumbbell in each hand just above your shoulders, with a neutral grip (palms facing each other). Press the weight in your right hand straight above you until your arm is fully extended, then slowly lower the weight to the starting position. Now press the dumbbell in your left hand straight up and lower it. Continue to alternate arms throughout

The plan: In week 1, do two sets of 10 repetitions with each arm; in week 2, do three sets of eight reps with each arm. Rest for 60 to 90 seconds between sets.

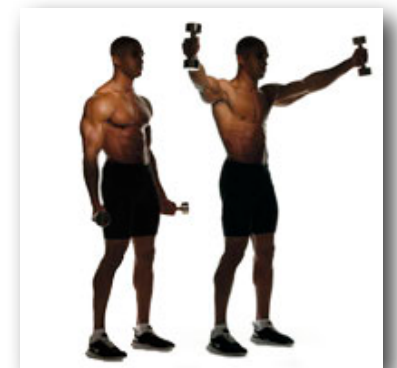
2 Dumbbell Upright Row



Stand holding a pair of dumbbells at arm's length in front of your thighs, your palms facing your body. Keeping your forearms pointed down and the weights close to your body, lift your upper arms. Pause when the dumbbells are just below your chin, then slowly lower them.

The plan: Perform two sets of 10 repetitions in week 1, and three sets of eight in week 2. Rest for 60 to 90 seconds between sets.

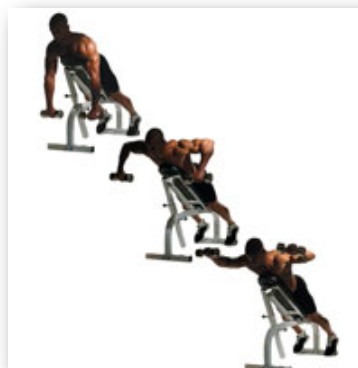
3 Standing Scaption



Stand holding a light pair of dumbbells in front of your thighs with a neutral grip (your palms facing each other). Raise your arms forward and out at 45-degree angles until they're at eye level. The weights should point to 10 o'clock and 2 o'clock at the top of the move. Slowly lower your arms.

The plan: Perform two sets of 12 repetitions, resting for 45 to 60 seconds between sets.

4 Incline Row to External Rotation



Lie facedown on a bench that's set at a 45-degree incline, and hold a light dumbbell in each hand with an overhand grip. Your arms should hang straight down, with your palms facing your feet. Keeping your head down, pull the weights up until your upper arms are parallel to the floor. Your elbows should point out to the sides and should be bent at 90-degree angles. Keeping your upper arms stationary, rotate the weights forward until your palms face the floor. Pause, then reverse the movement to return to the starting position.

The plan: Perform two sets of 12 repetitions, resting for 45 to 60 seconds between sets.

5 Swiss-Ball Shoulder Press



Sit on a Swiss ball with your feet flat on the floor. Hold a pair of dumbbells just above your shoulders with a neutral grip, your palms facing each other. Press the weights overhead until your arms are straight. Keeping your right arm extended, slowly lower the weight in your left hand to its starting position, then press it back up. Next, keeping your left arm extended, lower the weight in your right hand and press it back up. Continue

alternating arms.

The plan: Perform three sets of six repetitions with each arm, resting for 60 to 90 seconds between sets.

6 Dumbbell Shrug

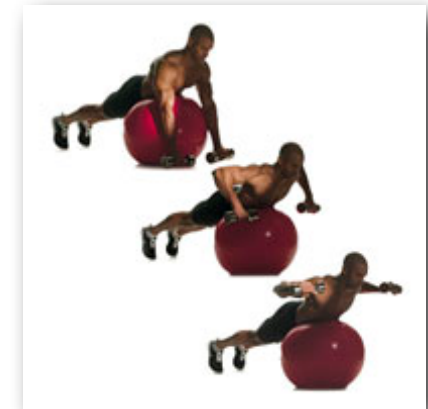


slowly lower your shoulders until your arms hang down as far as possible.

The plan: Do three sets of eight repetitions in week 3, and four sets of six reps in week 4. Rest for 60 to 90 seconds between sets.

Stand holding a heavy dumbbell in each hand at arm's length, with your palms facing the sides of your thighs. Keeping your arms straight, shrug your shoulders up as if you were trying to touch them to your ears. Pause, then

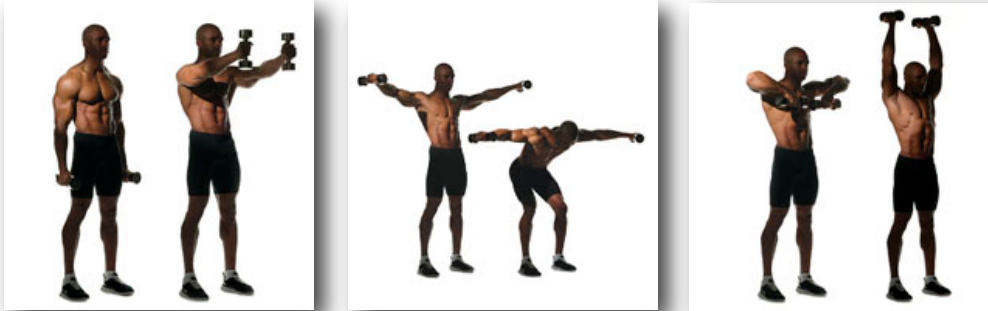
7 Lying Swiss-Ball Row to External Rotation



Holding a light dumbbell in each hand, lie facedown on a Swiss ball with your chest off the ball so your body is inclined. Your arms should hang down in front of the ball, palms facing your feet. Keeping your neck straight, slowly pull the weights up until your upper arms are parallel to the floor, then rotate your forearms forward until your palms face the floor. Pause, then reverse the motion to lower the weights to the starting position.

The plan: Perform two sets of 10 repetitions, resting for 45 to 60 seconds between sets.

8 Javorek Complex



Stand holding a pair of dumbbells, arms at your sides, palms facing each other. Raise your arms in front of you until they're parallel to the floor. Lower the weights and repeat for a total of six repetitions. Now raise your arms out from your sides until they're parallel to the floor, and lower them. Again, complete six reps.

Next, bend forward at the waist until your torso is almost parallel to the floor. Raise your arms out to your sides, lower them, and repeat for a total of six reps. Stand up and place your hands in front of your thighs, palms toward you. Pull both weights up until they're just below your chin. Lower and repeat for six reps. Finally, turn your palms so they face each other, curl the weights up to your shoulders, and press them overhead. Reverse the move and repeat for six reps.

The plan: Perform two sets, resting for 90 seconds between sets.

