

# Simply Anywhere Shoulder Workout



Perform 10 (intermediate) or 15 (advanced) repetitions of each exercise for 3-5 rounds  
 30sec break in between sets  
 Rest for 1 minute in between rounds

Exercises	Technique / Tips	Muscle Group Worked	Progression / Regression
<b>Bent over/ seated reverse fly</b>	<p>Fold from your hips or use a seat as your starting point</p> <p>Raise both arms with pinkies pointing out</p> <p>Squeeze your back when arms are at the highest point, then return to start</p>	<b>Rear Deltoid (shoulder)</b>	<p>Progression – Hold a weight e.g. tinned food in each hand</p> <p>Regression – Complete 1x arm each time</p>
<b>Shoulder Press</b>	<p>Start with elbows in line with chest and arms out</p> <p>Drive arms up, with your hands meeting once arms fully extended above your head</p> <p>Slowly lower your elbows back to the starting position and go again.</p>	<b>Total Shoulder</b>	<p>Progression – Add a weight such as tin of food in each hand to each hand or speed up the movement</p> <p>Regression – Decrease range of movement or perform one arm at a time</p>
<b>Side raise to Front Raise</b>	<p>Hold your hands by your side and chest up high</p> <p>Lift hands up to your side until they line up with your chest, then lower to start</p> <p>Repeat the same but this time with your hands lifted in front, raising them to your chest</p> <p>Hold a tin of food in each hand throughout</p>	<b>Deltoid</b>	<p>Progression – Squeeze your shoulders for 3s with arms at highest point</p> <p>Regression – Decrease range or perform one arm at a time</p>
<b>Bus Drivers</b>	<p>Lock your arms out straight in front of your chest</p> <p>Hold your hand in a fist as if driving</p> <p>Rotate your arms side to side whilst arms are locked straight</p>	<b>Deltoid + Trapezius</b>	<p>Progression – Hold an object e.g. tin/ plate</p> <p>Regression – Reduce arm length with elbows close to body</p>
<b>Shoulder Taps</b>	<p>Hold your body in a plank position (straight arm, back and legs)</p> <p>Tap the opposite shoulder using the opposite hand, drop back to plank and repeat using the opposite hand</p>	<b>Deltoid</b>	<p>Progression – Add a press up in between taps</p> <p>Regression – Drop using your knees or laying legs</p>
<b>Shrugs</b>	<p>Hold your hands by your side and chest up high</p> <p>Raise your shoulders toward your ear lobe, hold for 3 seconds at the top of the movement</p> <p>Lower your shoulders to the start position and repeat</p>	<b>Trapezius</b>	<p>Progression – Hold a weight e.g. tinned food in each hand</p> <p>Regression – Decrease range or perform one arm at a time</p>

\*Make sure you perform a thorough warm up & cool down pre and post every workout you complete!  
 Ensure you are positioned in a safe environment with enough room to complete the exercises.