

Good Moves - Shoulder to Shoulder

To perform these exercises, you will need a set of light to medium weight dumbbells (2 to 5 lbs.) and a sturdy, armless chair. Since shoulder muscles are relatively small, choose a lighter set of weights than you would use for chest and back exercises. (Also, note that shoulders are used heavily when working the chest and back, so you may want to train these muscles on separate days.) Perform two sets of 12-16 reps of each exercise.

Shoulder Strength Workout

1. Seated Shoulder Press

FOCUS: anterior, medial, and posterior deltoids

Sit on front edge of chair seat with feet firmly on floor, back straight. Position your hands slightly to the outside of shoulders, holding dumbbells with palms facing forward, elbows out to sides and bent. Slowly press dumbbells overhead until arms are extended. Lower the weights back to the shoulders in a slow and controlled manner.

TIPS: Keep your back and neck straight; also keep your chest lifted as you raise and lower the weights. Don't lock your elbows or arch your back at top of move.



2. Lateral Raise

Focus: medial deltoid

Sit on corner of chair with feet on floor, knees slightly apart and back straight. Lean slightly forward at the hips. With arms down at sides, hold a dumbbell in each hand, palms facing your body. Slowly raise dumbbells out to sides, at about shoulder level. Hold for two seconds, then slowly lower weights to starting position.

TIPS: Keep your elbows slightly bent. At top of move, your elbows should be slightly higher than your wrists. Don't swing the weights or tilt back as you lift.

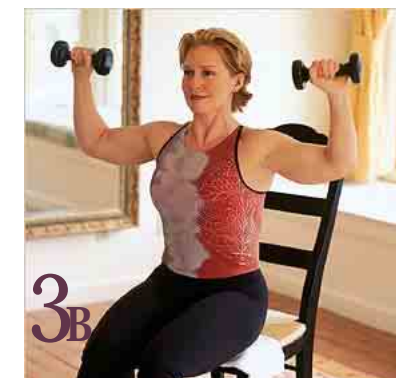


3. External Shoulder Rotations

Focus: rotator cuff, posterior deltoids

Sit on front edge of chair with feet on floor, back straight. Hold a dumbbell in each hand, and lift your arms in line with shoulders so that the upper arm is parallel with the floor and the lower arm is perpendicular to it (your arm will form a 90-degree angle). Hands should be hanging down, palms facing back. Keeping upper arms stable, rotate lower arms up in a semi-circle until palms face forward and wrists are directly above the elbows; maintain the 90-degree angle throughout the move. Slowly rotate arms back down until palms face back.

TIPS: Keep your elbows in line with your shoulders throughout exercise. Lower weights down and back only as far as is comfortable while keeping upper arms in line with shoulders. Keep your chest lifted.

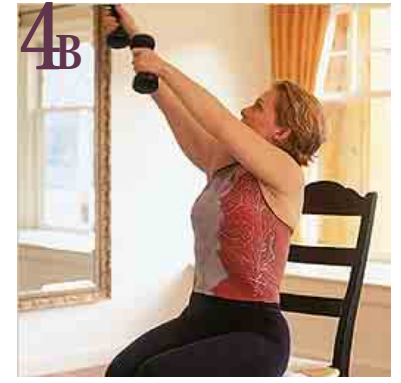


Shoulders (cont.)

4. Cross Lift

Focus: posterior deltoids

Sit on front edge of chair with feet on floor. Hold a dumbbell in each hand, arms extending toward floor on the left side of the body near the hip. Palms should face inward. Sweep both arms up and across the chest to above the right shoulder, elbows slightly bent. Then pull the dumbbells down and back to the outside of the left hip, "drawing" a diagonal line across the front of the torso. Switch sides for second set.



TIPS: Keep your chest lifted. Keep your back straight, being especially careful not to round your upper back. Your head may follow path of dumbbells, but keep your hips facing forward.

The Home Stretch

1. Sit on front edge of chair. Cross right leg over left and rest left arm on your right thigh. Reach back with your right arm and place hand on chair back, thumb pointing up. Lean forward slightly as you twist your torso to the right. Hold for 20 seconds. Repeat on opposite side.



2. Sit on front edge of chair with feet on floor. Place your hands behind your head with elbows bent. Look up at the ceiling and open elbows until upper back is fully contracted. Hold elbows back as you look upward. Hold for 20 seconds, and then repeat once.



Cardio - Take It Outside

Increase your steady-state cardio activity (walking, running, cycling) by 10 minutes each day on days 2, 3, 5 and 6. Ready for more variety? If you enjoy cycling classes, try cycling outdoors now. Any basic bike will do. Make sure the seat is comfortable and adjusted to your height. Your knees should be slightly bent when your feet are in the lowest pedal position. Remember to ride with your knees facing forward, and always wear a helmet. Start off riding between 5 to 10 miles and see how you do. If this is a new activity for you, don't try to ride to hard or fast the first few times out. Increase your mileage and speed as your skill level increases.

Day	Cardio		Strength Work	Stretch
	beginner/intermediate	intermediate/advanced		
1	Week 1: 6 (30-second) intervals* Week 2: 7 (30-second) intervals Week 3: 8 (30-second) intervals Week 4: 9 (30-second) intervals	Week 1: 8 (30-second) intervals Week 2: 9 (30-second) intervals Week 3: 10 (30-second) intervals Week 4: 11 (30-second) intervals	●	●
2	50 min./steady cardio	60 min./steady cardio		●
3	40 min./steady cardio	50 min./steady cardio	●	●
4	Week 1: 7 (30-second) intervals Week 2: 8 (30-second) intervals Week 3: 9 (30-second) intervals Week 4: 10 (30-second) intervals	Week 1: 9 (30-second) intervals Week 2: 10 (30-second) intervals Week 3: 11 (30-second) intervals Week 4: 12 (30-second) intervals		●
5	50 min./steady cardio	60 min./steady cardio	●	●
6	50 min./steady cardio	60 min./steady cardio		●
7	Rest	Rest		●

*Interval: 30-second dash followed by 30-second to one-minute recovery.