

Health, fitness, lifestyle

TAYLAKFITNESS SHOULDERS EXERCISE GUIDE

Workout because you love your body, not
because you hate it.

By Tayla Keating

www.taylakfitness.co.uk

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STRETCHING AND WARMUPS



Don't forget to warm up and cool down!

Dynamic stretching and static stretching are two different types of stretching techniques.

Dynamic Stretching:

Dynamic stretching involves active movements, typically incorporated into warm-up routines before engaging in more intense physical activity. It helps joint range of motion, blood flow and reduced risk of injury.

Here are examples of dynamic stretches:

- Leg Swings: Swing one leg forward and backward in a controlled manner.
- Arm Circles: Rotate your arms in circular motions to warm up the shoulder joints.
- High Knees: March in place, lifting your knees towards your chest.
- Hip Circles: Rotate your hips in circular motions to improve hip flexibility.
- Jumping Jacks: Perform jumping jacks to engage multiple muscle groups and elevate your heart rate.

Static Stretching:

Static stretching involves holding a stretch for an extended period, typically 15-60 seconds. It aims to improve overall flexibility, relaxes the muscle and elongate muscles. Static stretches are often performed after a workout during the cooldown phase.

Here are examples of static stretches:

- Hamstring Stretch: Sitting or standing, reach toward your toes, holding the stretch.
- Chest Opener: Clasp your hands behind your back and straighten your arms to open up your chest.
- Quad Stretch: Stand on one leg, bringing your heel towards your glutes, and hold the stretch.
- Calf Stretch: Place one foot behind you, keeping the heel on the ground, and lean forward to stretch the calf.
- Triceps Stretch: Bring one arm overhead and reach down your back, gently pulling on your elbow with the opposite hand.

Static stretching helps relax muscles, improve flexibility, and enhance overall range of motion. It's beneficial for

SHOULDER PRESS (DUMBBELL)

Dumbbell Shoulder Press

Setup

- Sit on a bench with a back support or stand up with your feet about shoulder-width apart
- Hold a dumbbell in each hand, with your palms facing forward and elbows bent to about 90 degrees (dumbbells should be around ear level)
- Keep your core engaged and chest lifted throughout the movement

Form

- Press the dumbbells directly overhead, exhaling as you push them upward
- Extend your arms until they're almost straight, but don't lock your elbows at the top
- Lower the dumbbells back down to ear level, maintaining a controlled motion – inhale as you lower
- Keep your back straight and avoid arching it during the press
- Focus on keeping the movement smooth and controlled rather than using momentum

Tips

- Keep your core tight to prevent any lower back arching
- Ensure your elbows are directly under your hands to avoid straining your shoulder joints
- If you feel any discomfort in your shoulders, decrease the weight or check your form
- Engage your glutes and legs if standing to help with stability



SHOULDER PRESS (MACHINE)

Machine Shoulder Press

Setup

- Sit on the shoulder press machine with your back flat against the pad
- Adjust the seat height so that the handles are at shoulder height when you're sitting with your arms bent at 90 degrees
- Place your feet flat on the ground and keep your core engaged
- Grip the handles with your palms facing forward and elbows bent to about 90 degrees
- Sit tall, keeping your chest up and shoulders down

Form

- Press the handles upward, extending your arms until they're almost fully straight (don't lock your elbows)
- Exhale as you push the weight upward
- Lower the weight slowly back to the starting position with control, keeping your elbows aligned with your shoulders
- Avoid arching your back or using your legs to help with the movement — keep everything stable and controlled

Tips

- Control the weight — avoid letting the machine slam back down
- Make sure your shoulders remain relaxed and not shrugged up toward your ears
- Focus on pushing with your shoulders, not using your upper chest or arms to do most of the work
- Start with a moderate weight and gradually increase as your strength improves



PLATE RAISES

Machine Shoulder Press

Setup

- Sit on the shoulder press machine with your back flat against the pad
- Adjust the seat height so that the handles are at shoulder height when you're sitting with your arms bent at 90 degrees
- Place your feet flat on the ground and keep your core engaged
- Grip the handles with your palms facing forward and elbows bent to about 90 degrees
- Sit tall, keeping your chest up and shoulders down

Form

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LATERAL RAISES

Lateral Raises

Setup

- Stand with your feet shoulder-width apart
- Hold a dumbbell in each hand with your arms fully extended at your sides and palms facing in toward your body
- Engage your core, chest up, and shoulders back – maintaining good posture throughout the exercise

Form

- With a slight bend in your elbows, raise the dumbbells out to the sides, leading with your elbows (not your hands)
- Lift until the dumbbells reach shoulder height (don't raise them higher to avoid shoulder strain)
- Pause briefly at the top and squeeze your deltoids
- Lower the dumbbells back down to the starting position slowly and with control
- Exhale as you raise the dumbbells, and inhale as you lower them

Tips

- Avoid swinging the dumbbells or using momentum – keep the movement slow and controlled to really target the shoulders
- Don't raise the dumbbells too high or too low – aim for shoulder height for maximum deltoid activation
- Keep a slight bend in your elbows throughout the movement – this reduces strain on your elbow joints
- Engage your core to maintain good posture and avoid leaning back or arching your back



CABLE SHOULDER RAISES

Cable Shoulder Raises

Setup

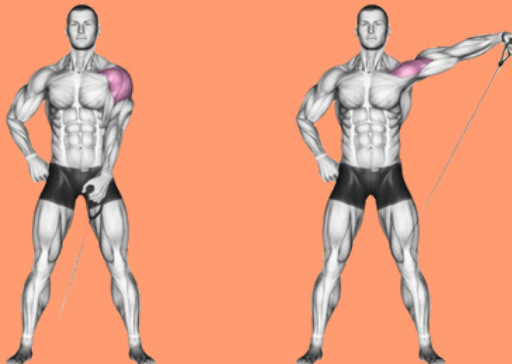
- Set up a low pulley cable machine with a single handle attachment
- Stand with your side facing the machine and hold the handle with your outside hand (opposite the machine)
- Position your feet shoulder-width apart for stability and engage your core
- Set the pulley to a low position, ensuring there is tension on the cable from the start
- Hold the handle with a neutral grip (palm facing inward) and keep your arm extended in front of you at a slight angle

Form

- Step out slightly from the machine to create some tension on the cable
- With a slight bend in your elbow, raise your arm out to the side, leading with your elbow (not your hand)
- Lift until your arm is parallel to the floor or about shoulder height — don't raise higher to avoid unnecessary shoulder strain
- Pause briefly at the top, focusing on squeezing your shoulder
- Slowly lower the handle back down to the starting position with control
- Exhale as you raise your arm, and inhale as you lower

Tips

- Focus on slow and controlled movements — avoid jerking or using momentum to raise the weight
- Keep a slight bend in your elbow throughout the motion to avoid joint strain
- Ensure your core remains engaged to stabilize your body and prevent leaning backward
- Don't raise your arm too high — shoulder height is usually the sweet spot for activation



FRONT RAISES

🏋️ Front Raises

Setup

- Stand with your feet shoulder-width apart
- Hold a dumbbell in each hand, with your arms extended in front of you and palms facing your thighs
- Keep your core engaged, chest up, and shoulders back to maintain proper posture
- Ensure the dumbbells are light enough to keep the movement controlled but challenging

Form

- Lift one dumbbell straight in front of you, keeping your arm slightly bent (don't lock your elbow)
- Raise the dumbbell to shoulder height or slightly higher, focusing on keeping the movement controlled
- Pause briefly at the top and squeeze the front deltoid
- Slowly lower the dumbbell back down to the starting position with control
- Repeat on the other side, alternating arms, or perform both arms at the same time

Tips

- Keep your core tight to prevent leaning back or arching your lower back
- Raise the dumbbells only to shoulder height – any higher can strain your shoulder joints
- Avoid swinging the weights or using momentum to lift them – the movement should be slow and controlled
- Breathe consistently – exhale as you raise the dumbbells and inhale as you lower them



AROUND THE WORLDS

Y Around the Worlds (Side to Above Head)

Setup

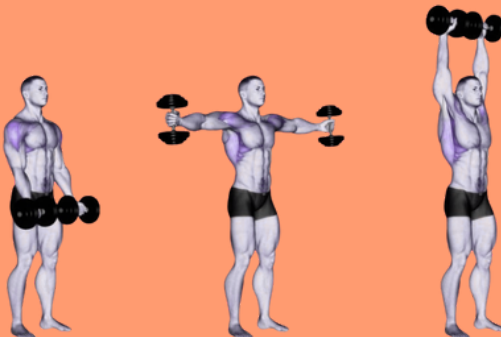
- Stand with your feet shoulder-width apart
- Hold a dumbbell in each hand, with your arms extended straight down at your sides, palms facing inward
- Engage your core, keep your chest up, and maintain a neutral spine
- Keep your elbows slightly bent throughout the movement to prevent strain on your joints

Form

- Start by raising both arms straight out to the sides until they reach shoulder height (like a "T" shape)
- From this position, continue lifting your arms until the dumbbells are directly above your head
- Pause briefly at the top, squeezing your deltoids, then slowly lower the dumbbells back down to shoulder height
- From shoulder height, lower the dumbbells back down to your sides, completing the motion
- Breathe steadily — exhale as you raise the dumbbells, and inhale as you lower them

Tips

- Keep the movement slow and controlled, especially when lowering the weights, to maintain tension on your shoulders
- Avoid using momentum — the motion should be driven by your shoulders, not by swinging or jerking the weights
- Don't shrug your shoulders or let your arms drop too low when raising to shoulder height
- Maintain a slight bend in your elbows to avoid unnecessary strain on your joints



UPRIGHT ROW

Upright Row

Setup

- Stand with your feet shoulder-width apart
- Hold a barbell (or dumbbells) with both hands, keeping your arms fully extended in front of you and palms facing toward your body (for a barbell, hands should be close together)
- Keep your core engaged, chest up, and shoulders back
- Ensure a neutral spine and slight bend in your knees to maintain balance

Form

- Lift the barbell (or dumbbells) straight upward along your body, leading with your elbows (not your hands)
- Keep the barbell or dumbbells close to your body as you lift them
- Raise the weights until they reach about chin height or slightly higher — your elbows should be at or above shoulder level
- Pause briefly at the top of the movement, squeezing your shoulders and traps
- Slowly lower the weights back to the starting position with control
- Exhale as you lift the weight, and inhale as you lower it back down

Tips

- Don't jerk or use momentum to lift the weight — it should be a smooth and controlled motion
- Avoid shrugging your shoulders at the top of the movement; focus on lifting with your elbows
- Keep your core engaged to maintain a stable posture and prevent arching your back
- Use a weight that allows you to maintain proper form — too heavy a load may cause you to compromise your posture

