Only Shoulders

Beginner | 7 min | 69 Kcal

1		Dumbbell lateral raises Dumbbell	30 Seconds
	Rest		20 Seconds
2		Alternate front raise Dumbbell	30 Seconds
	Rest		20 Seconds
3		Rear raise Dumbbell	30 Seconds
	Rest		20 Seconds
4		Dumbbell lateral raises Dumbbell	30 Seconds
	Rest		20 Seconds
5		Alternate front raise Dumbbell	30 Seconds
	Rest		20 Seconds

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6  Rear raise — Dumbbell — 30 Seconds

Rest 20 Seconds

7  Dumbbell lateral raises — Dumbbell — 30 Seconds

Rest 20 Seconds

8  Alternate front raise — Dumbbell — 30 Seconds

Rest 20 Seconds

9  Rear raise — Dumbbell — 30 Seconds

Armify

This is the workout in PDF. In the app you live the full experience.

Here you have the technical structure. In the app you find a richer, more dynamic and more vivid experience.

Download the app

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