







TRAIN TO MAINTAIN MAINTAIN SIZE AND STRENGTH IN YOUR SHOULDERS






Equipment: Cybex Bravo and dumbbells

Total Time: Approx. 30-45 mins.

BLOCK 1: SHOULDER STABILITY WARM UP

Equipment	Exercise	Description	Duration
Bravo	 Internal Rotation		8-15 reps
Bravo	 External Rotation		8-15 reps
Bravo	 Cross Cable Low-High Y's		8-15 reps
Bravo	 Cross Cable High-Low Y's		8-15 reps

BLOCK 2: SHOULDER COMPLEX FINISHER

Equipment	Exercise	Description	Duration
Bravo	 Curls	Cable set in the low and inside position	6-10 reps
Bravo	 Upright Row		6-10 reps
Bravo	 Shoulder Press		6-10 reps
Bravo	 Bent Row		6-10 reps
Bravo	 Reverse Flyes		6-10 reps

**RESTS
(unless stated
otherwise)**

Between sets or intervals:
rest for 30 sec. to 1 min. –
but maintain momentum

Between exercises:
rest less than 1 min.

Between blocks:
rest for approx. 2 min.