

# SHOULDER EXERCISES

To determine which exercises are most beneficial for activating shoulder muscles, researchers compiled a list of the 10 exercises most often performed by both recreational lifters and athletes and most commonly prescribed by trainers.



BATTLING ROPES



DB FRONT RAISE



BENT ARM LATERAL RAISE



PUSH-UPS



DB SHOULDER PRESS



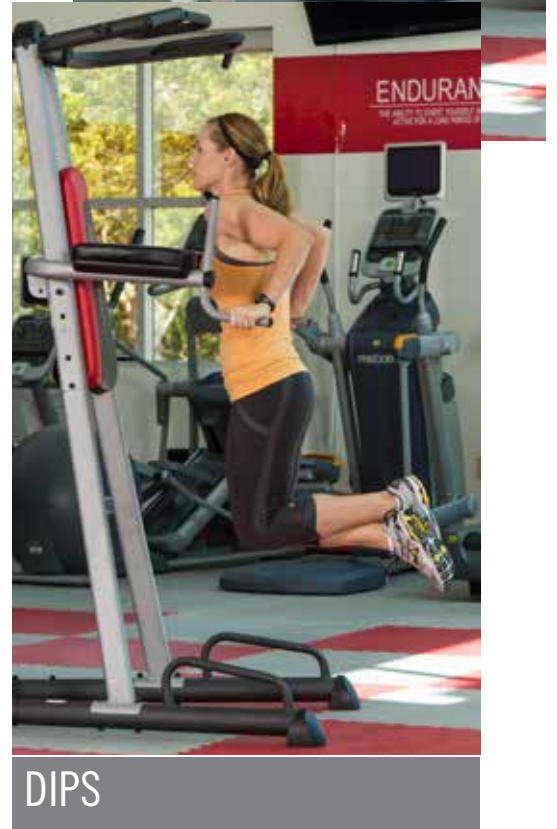
BB UPRIGHT ROW



CABLE DIAGONAL RAISE



45 DEGREE INCLINE ROW



DIPS



SEATED REAR LATERAL RAISE