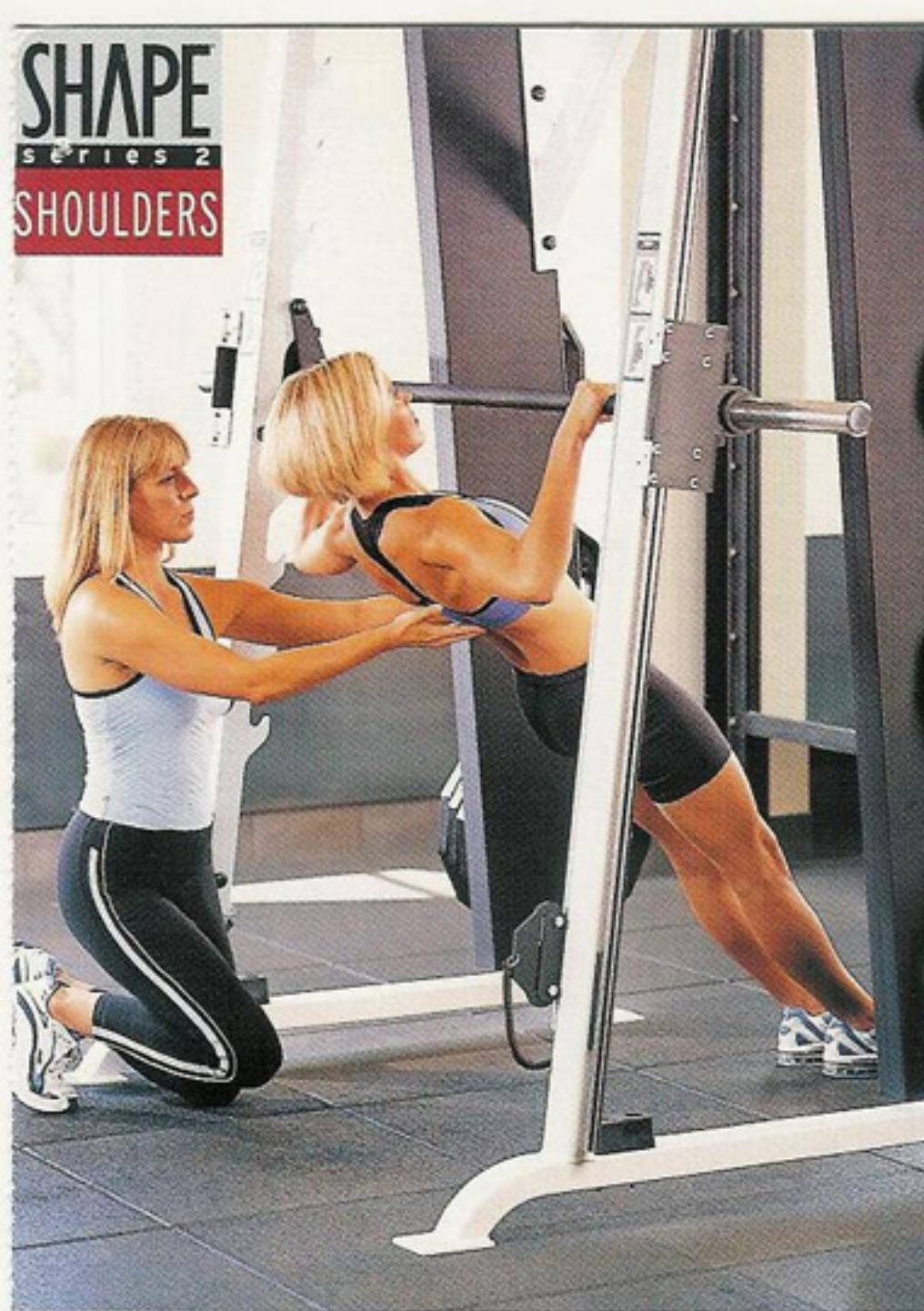
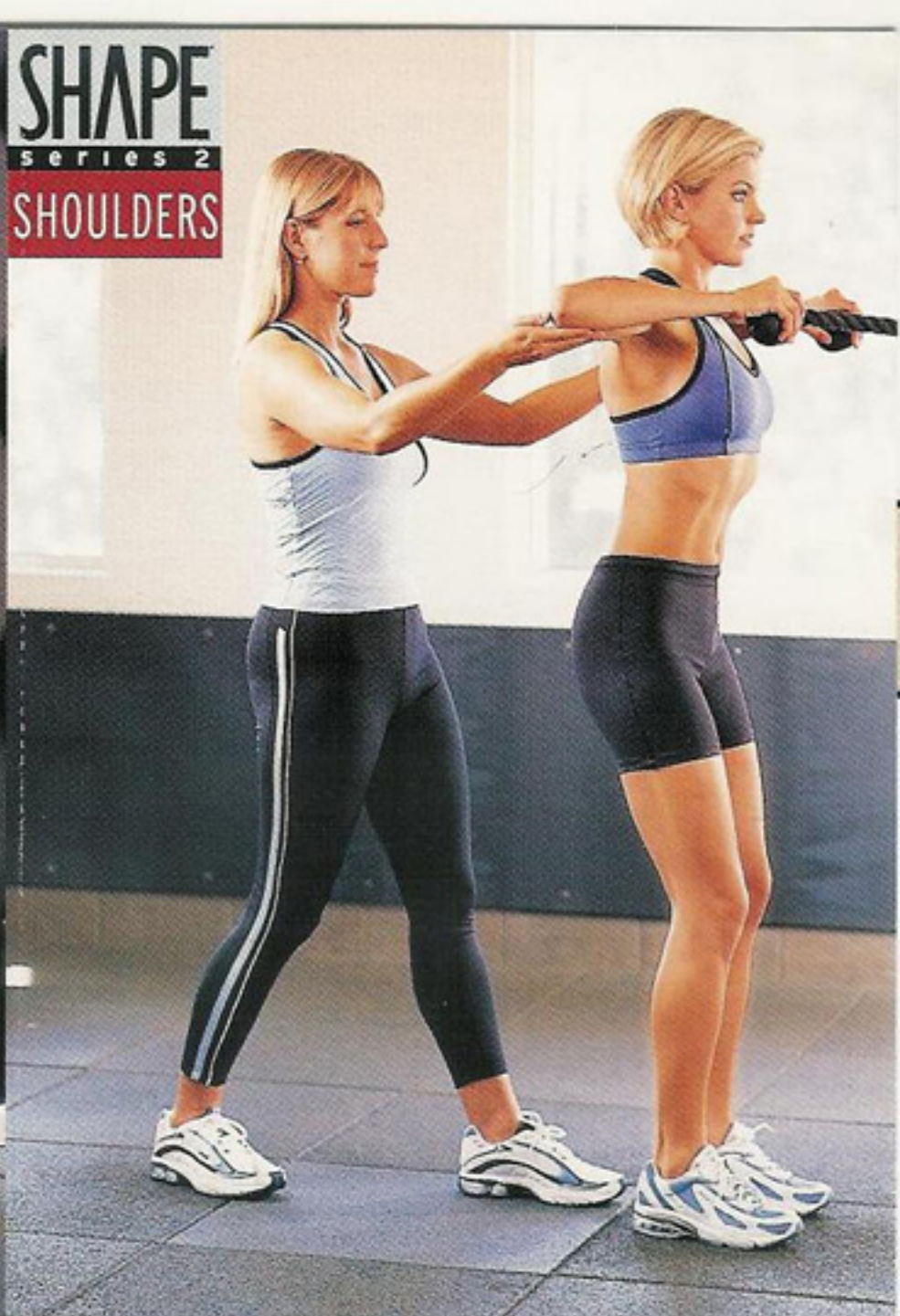


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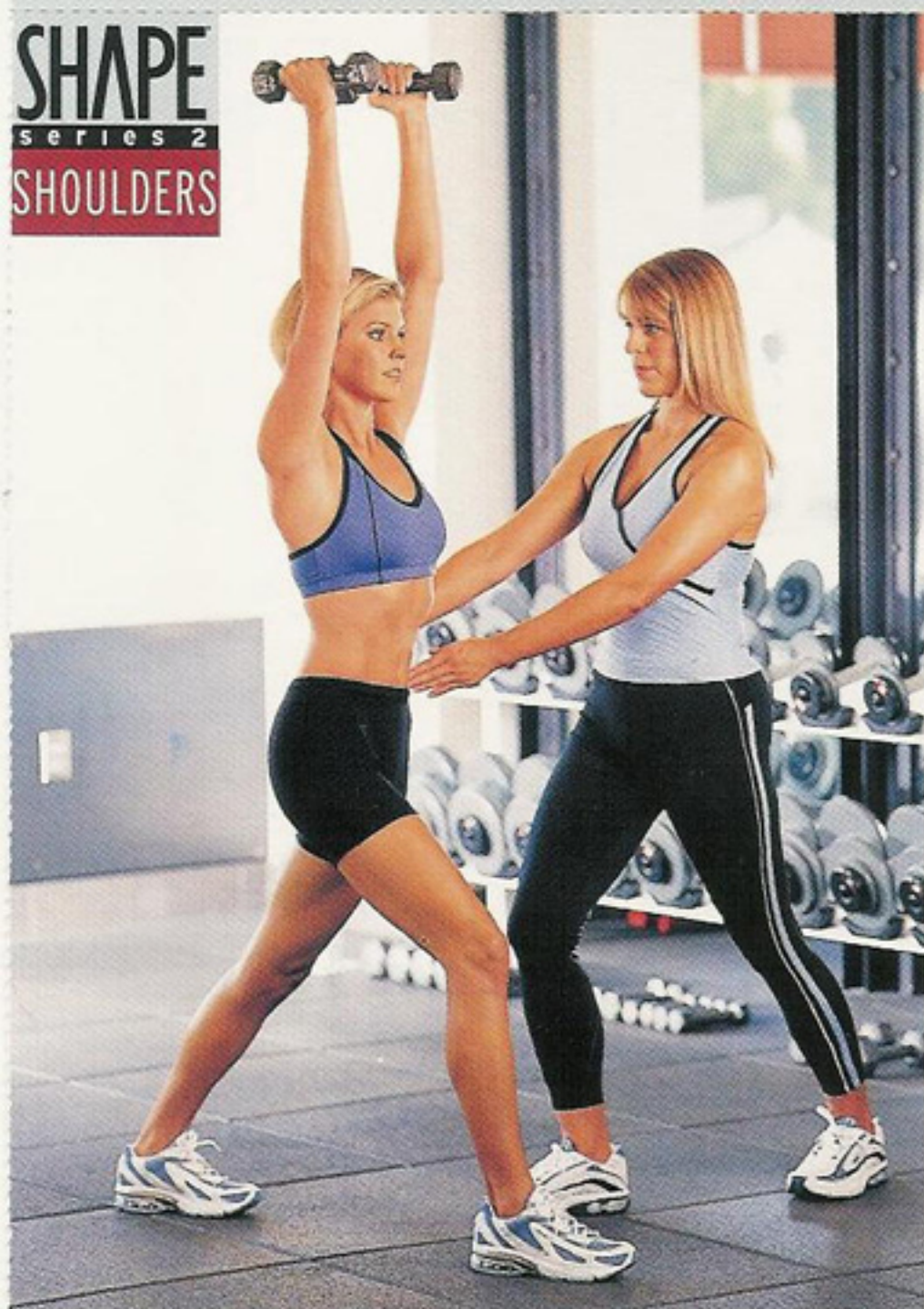
target your shoulders Smith machine pull-up

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target your shoulders rear delt cable row

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SHOULDERS



target your shoulders dumbbell shoulder press

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beginner/intermediate WORKOUT SCHEDULE

Do these moves once or twice a week as part of your regular upper-body training program. Rest 30-60 seconds between sets. Progress to the advanced program after 4-6 weeks.

exercise	Smith machine pull-up	rear delt cable row	dumbbell shoulder press
sets	2-3	2-3	2-3
reps	10	15	15
weight range	n/a	20-40 pounds	5-10 pounds

TARGET TIP Your knees should be soft, not locked, to keep your lower back in alignment and prevent your pelvis from tilting forward as you perform each rep.

Trainer: J.J. Flizanes
Reader model: Kelly Noonan

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WHAT WORKS

When it comes to scoring sexy, rock-hard arms, your shoulders are a critical link. "Without strong shoulders, it's hard to build strong biceps, triceps and chest muscles," says J.J. Flizanes, director/owner of Invisible Fitness Los Angeles, an in-home personal-training company. "Your shoulders

help stabilize your torso while you perform other strengthening exercises." This is key to acquiring more overall muscle and power. "All the muscles of your upper back attach to your shoulders," Flizanes adds. "Strengthening them is essential for preventing injury as well as developing a buff upper body."