

# DB SHOULDER MATRIX

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)



- Perform *consecutively* for 6-8 reps each—**NO REST!**
- Do 1-3 sets.
- Use *LIGHT* dumbbells (1-10 lbs.) so you can maintain form. 10 pounds would be “very heavy” for this series of exercises.

## 1. Windshield Wipers With ½ Circle

- ***From shoulder height, circle arms in, down, then out as you retract shoulders back & down***

## 2. Side Raise Thumbs Up

- ***From legs to ears***

## 3. Shoulder Extension

- ***Bend over 30-45°; kick arms straight back***

## 4. Scare Crow

- ***Elbows square @ 90° then rotate***

## 5. Reverse Fly

- ***Bend over 30-45°; lift arms up; retract shoulders***

\* Ron Jones (9.5.07) \*Source: Jade Molina