

DB SHOULDER MATRIX

- **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.Empty Can With 1/2 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*

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