Shoulder Press
- Avoid if you have neck, shoulder, or spinal injury
- Stand with feet shoulder-width apart, knees slightly bent
- Bring dumbbells up to head level (elbows at 90°)
- Press arms up until fully extended
- Carefully return to starting position (elbows at 90°)
- Keep back straight throughout the exercise
- **Sets: 1-3 Rep: 10-15**

Mid Rows
- Stand with feet shoulder-width apart, knees slightly bent
- Lean forward and fully extend arms down
- Bring dumbbells as far up as possible and close to torso
- Keep back straight throughout the exercise
- **Sets: 1-3 Rep: 10-15**

Shrugs
- Stand with feet hip-width apart
- Hold dumbbells to the side of the body
- Bring shoulders up as high as possible
- Keep back and arms straight throughout the exercise
- **Sets: 1-3 Rep: 10-15**
Low Back Extensions
- Tilt hips forward, keep back straight and chest up
- Place hands by head
- Keep knees locked throughout the exercise
- Lean forward until back is parallel to floor
- Sets: 1-3 Rep: 10-15

Squats
- Avoid if you have knee pain or injury
- Stand with feet shoulder-width apart
- Keep back straight throughout the exercise
- Squat down until thighs are almost parallel to floor
- Move back to full standing position
- Sets: 1-3 Rep: 10-15

Deadlifts
- Avoid if you have lower back, spine, or hip injury
- Stand with feet hip-width apart
- Grab dumbbell with arms full extended, back is straight, and eyes looking forward
- Move back to full standing position
- Must keep back straight throughout the exercise
- Sets: 1-3 Rep: 10-15

Level: Beginner / Intermediate
Equipment: Resistance Cable or Dumbbells
Time: 1 set: 12 min, 2 sets: 24 min, 3 sets: 36 min
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