

**TALL KNEELING HALO**



A



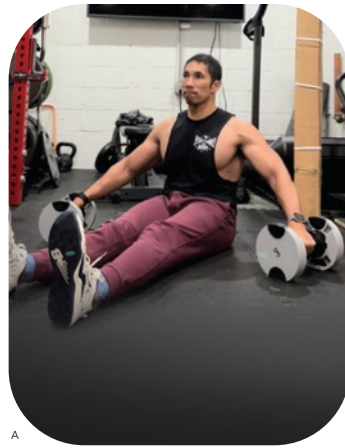
B

You'll start by challenging your shoulders to stabilize during the tall kneeling halo. Sit on your shins, thighs perpendicular to the ground and abs and glutes tight, the weight held at your chest.

Then make slow revolutions around your head, working to flex your abs as you do. Each revolution is a rep.

**Do 3 sets of 10-12 reps.**

**PAUSED SEATED LATERAL RAISE**



A



B

Now, shift to a lateral raise, taxing your shoulders with light weight. Sit on the ground with dumbbells at your sides, slightly in front of your shoulders.

With just a slight bend in your elbows, lift the dumbbells so they're nearly parallel with your shoulders. Hold, then lower.

**That's 1 rep; do 3 sets of 8-10.**

**ALTERNATING DOUBLE-Z PRESS**



A



B

Finish by training your shoulders to go overhead. By leaving this movement for last, you'll be able to challenge your shoulders without using incredibly heavy weights.

Start seated with dumbbells at your shoulders, abs tight. Press the right dumbbell overhead twice, then lower. Repeat on the right side.

**Do 10-12 reps per arm and hit 3 sets.**  
And enjoy the stealthy shoulder burn!