

WRITTEN AND PERFORMED BY fitness model Tiffany Lee Gaston (www.tiffanyleegaston.com)
 PHOTOGRAPHY James Patrick (www.jamespatrick.com) | MUAH LAUREN REID (www.laurenreidmua.com)
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**FORM MEETS FUNCTION
 WITH FITNESS MODEL TIFFANY
 GASTON'S STRONG, SHAPELY
 SHOULDER ROUTINE**

SEXY SHOULDER WORKOUT



about
Tiffany

Tiffany Gaston is an Arizona-based freelance writer, internationally published fitness model, national level figure competitor, Paleo chef and mother of three. She has a varied athletic background, having competed in just about everything from gymnastics to track and cross-country.

Among other things, Tiffany's greatest passions are setting and fulfilling goals through living a healthy and fit lifestyle. Her life-long love of all things fitness have

led to a career in the health and fitness industry. Her top priority is educating her children about the importance and benefits of being fit and healthy, and she also enjoys inspiring and motivating others on their own journey.

As a health and fitness advocate, Tiffany aims to inspire others to achieve their health-related goals through proper nutrition and exercise, and regularly shares her Paleo recipes and workouts on her website www.tiffanyleegaston.com.

www.tiffanyleegaston.com @tiffanylgaston Tiffany Lee Gaston tiffanylgaston

Shapely shoulders not only provide the finishing touches to lean, sculpted arms, they also complement your favourite sleeveless top, and enable you to carry all of your groceries inside in a single trip. Well, that last benefit is perhaps a personal challenge which doesn't always fare well for me.

Symmetry is key in building a well-balanced body. As such, training your shoulders is essential to round out the look of your upper body and create muscle balance. By developing strong, shapely shoulders you'll also appear a bit broader, which in turn gives the illusion of a smaller waist – and who doesn't want that! And let's not forget, you can then forego those horrible shoulder pads.

THE WORKOUT

SUPERSET 1:

EXERCISE	SETS	REPS
Dumbbell shoulder press	4	15, 12, 10, 8
Lateral raise	4	15, 12, 10, 8
Front raise	4	15, 12, 10, 8

SUPERSET 2:

EXERCISE	SETS	REPS
Dumbbell wide grip front raise	4	15, 12, 10, 8
Arnold press	4	15, 12, 10, 8
Incline shoulder press	4	15, 12, 10, 8

SUPERSET 3:

EXERCISE	SETS	REPS
Bent over flye	4	15, 12, 10, 8
Cable straight bar front raise	4	15, 12, 10, 8

To sculpt a sexy set of shoulder muscles add this shoulder workout into your weekly routine. These eight exercises will not only help your posture, but will help you sculpt shapely deltoids too – the muscles that form the rounded contour of the shoulders.

This is a fast paced workout and should be performed with as little rest as possible between

sets. This will keep your heart rate up for an added cardiovascular benefit and will help to burn fat faster. So keep a steady tempo and focus on the muscle you are working.

Be sure to use a weight that allows you to maintain proper form throughout. That means no rocking or swinging, just a good ol' fashioned burn in your shoulders!

Complete a proper warm up, including some dynamic stretching and shoulder mobility drills before beginning this workout.

You'll perform 4 sets of each exercise and superset the groupings as shown to keep tension on the targeted muscle. Try to begin with a lighter weight and increase (if possible) as your reps decrease.



STRENGTH & STABILITY

The rotator cuffs are the main stabilizers of the shoulder joint. Warming them up properly with internal and external shoulder rotations, using a light weight, can help prevent injury during workouts.

Strengthening your shoulders can help prevent injury when it comes to performing everyday tasks such as lifting and carrying.

Strong shoulders can help improve posture, as well as your form in many other common exercises such as deadlifts and chest presses.



A

B

Dumbbell shoulder press

Sit on a bench with your back straight, and your head and chest up. Begin with your upper arms and elbows parallel to the floor and palms facing outward. Press the dumbbells directly overhead, but don't lock out your elbows at the top. Reverse the movement and repeat.

TARGETED MUSCLES: This exercise targets the medial (central) and anterior (front) portion of the deltoid muscles.

TIP: Perform this exercise while standing to add an extra challenge. This will engage your core and stabilizer muscles more than its seated counterpart.



Lateral raise

Stand up straight with your feet positioned shoulder-width apart and your palms facing your sides. Lift your arms out to your sides until they are parallel to the floor. Reverse the movement and repeat.

TARGETED MUSCLES: This exercise targets the medial (central) deltoid and lends itself to creating the 'cap' appearance.

TIP: *Keep your elbows higher than your wrists to maintain tension on the targeted part of the shoulder. Failure to do so will use more of the rear delt, as in a bent over flye.*



Front raise

Stand upright with the dumbbells in front of you and your palms facing your thighs. Raise your arms upwards directly in front of your body until they are parallel to the floor. Reverse the movement and repeat.

TARGETED MUSCLES: This exercise targets the anterior (front) portion of the deltoids.

TIP: *Don't lift your arms higher than parallel to the floor as this places strain on the rotator cuff muscles.*

Standing cable front raise



PERFORM THE MOVE IN A CONTROLLED MANNER, GOING NO HIGHER THAN YOUR FACE.



Stand with your back to the cable machine and use the straight bar attachment. Raise the bar directly out in front of you until your arms are parallel with the floor, but no higher. Reverse the movement and repeat.

TARGETED MUSCLES: This exercise targets the anterior (front) deltoids.

TIP: *Try performing this exercise as a single arm movement with a single hand cable attachment to isolate each shoulder.*



LOWER THE WEIGHTS UNTIL YOU FEEL A LIGHT STRETCH IN YOUR SHOULDERS AND CHEST.

A

Incline shoulder press

Sit on a bench set to roughly 30 degrees. Begin with the dumbbells positioned at shoulder height with your palms facing outward. Slowly press the weights up in a slight arch. Allow the dumbbells to touch at the top of the movement.

TARGETED MUSCLES: This exercise targets the anterior (front) deltoids as well as the upper chest and triceps.

TIP: Don't lower the weight beyond your chest to avoid excess strain on the shoulder joint.

B

Bent over flye

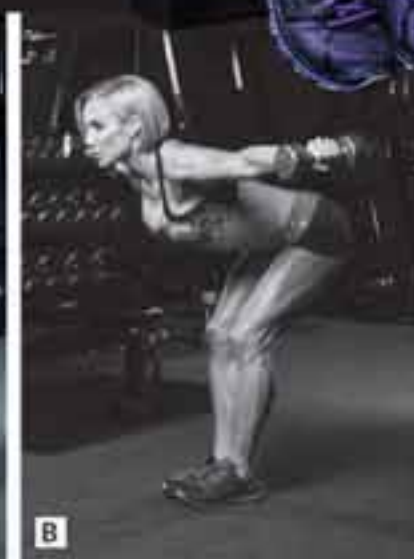
This is an important part of the shoulder that is often neglected. Stand with your feet positioned shoulder-width apart. Hinge at the hips and lean forward, until your torso is at no more than a 90-degree angle with the floor. Raise both arms out to the side until parallel with the floor. Reverse the movement and repeat.

TARGETED MUSCLES: This exercise targets the posterior (rear) deltoids.

KEEP YOUR BACK STRAIGHT THROUGHOUT THE MOVE.



A



B

TIP: Keep tension on the rear deltoids by imagining there is a string tied to your elbows that is being pulled upwards. You can sit or stand for this exercise.



A

B

C

Arnold press (aka rotating shoulder press)

Sit upright on a bench with your feet and chest up. Begin with your arms flexed and your palms facing your chest. Press the weight overhead while rotating your palms away from your body. Reverse the movement in a controlled manner and repeat.

TARGETED MUSCLES: Named after the man himself, Arnold Schwarzenegger, this exercise targets both the anterior (front) and medial (central) head of the deltoids.

TIP: This move can be performed while standing for an added challenge.



A

B

Dumbbell wide grip front raise

Stand upright. Hold a dumbbell in front of you (palms down) with your hands as close to the ends of the bar as possible. Slowly raise the bar upwards, until your arms are parallel to the floor. Reverse the movement and repeat.

TARGETED MUSCLES: This exercise targets the anterior (front) and medial (central) portion of your shoulder muscles.

TIP: You can use a barbell or dumbbells for this exercise.

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