

Shoulders (toning bar)

External rotation with toning bar



Exercise Description:

External rotation with toning bar

Classification:

Shoulders (toning bar)

Instructions:

- 1) Lie on side opposite of working arm.
- 2) Start position: Grasp toning bar and flex elbow at 90° keeping elbow in at side. Forearm should be slightly below parallel to floor.
- 3) Rotate arm outward keeping elbow at 90°.
- 4) Return to start position.
- 5) Remember to keep elbow firmly secured to side. You may put a rolled towel between the elbow and side to facilitate rotation and secure form.
- 6) Repeat with the other side.

Seated press with toning bar



Exercise Description:

Seated press with toning bar

Classification:

Shoulders (toning bar)

Instructions:

1. Sit on stability ball and hold toning bar at shoulder height.
2. Keeping your abdominal muscles tight press the bar overhead until a soft lockout of the elbows is achieved.
3. Return to the starting position and repeat.

Front squat with shoulder press using toning bar



Exercise Description:

Front squat with shoulder press using toning bar

Classification:

Shoulders (toning bar)

Instructions:

1. Start by holding a toning bar at shoulder level with a parallel stance.
2. Proceed down into a squatted position until your thighs are parallel with the ground.
3. As you squat back up start to shoulder press the bar above your head.
4. Use the momentum from your squat to help extend the bar overhead.
5. Return to the starting position and repeat.