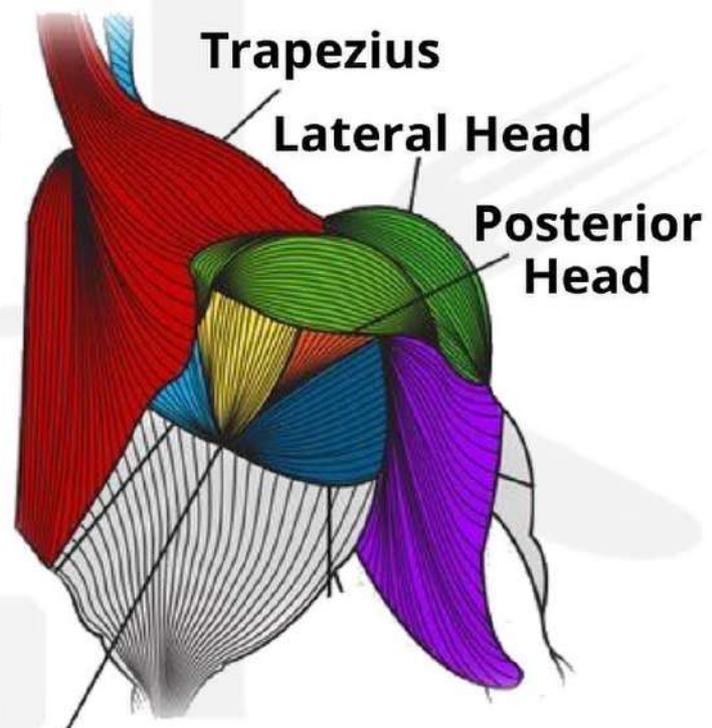
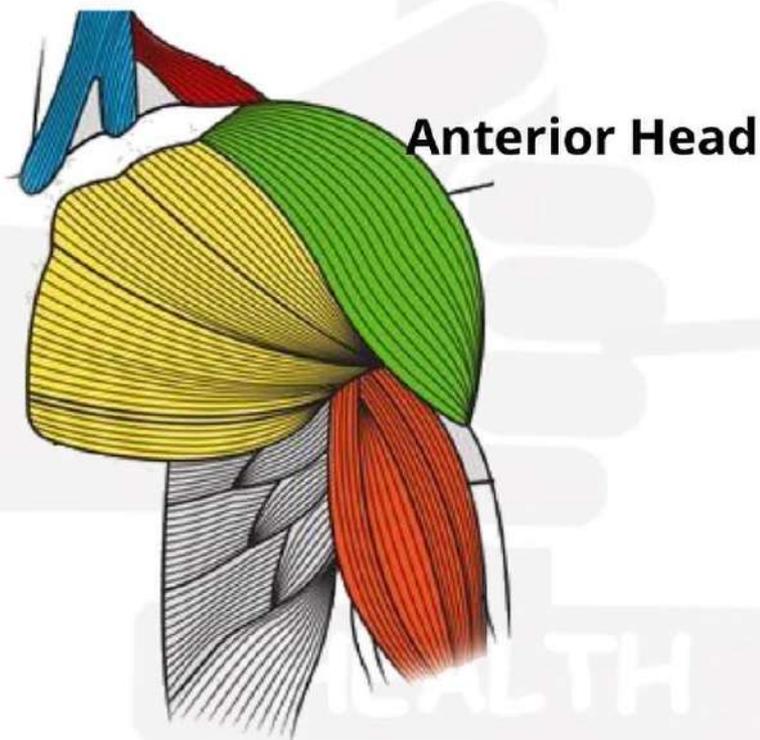


ANATOMY OF THE SHOULDERS

Follow  @healthbykilo

KILO



Rotator Cuffs
Read Description

Front Side

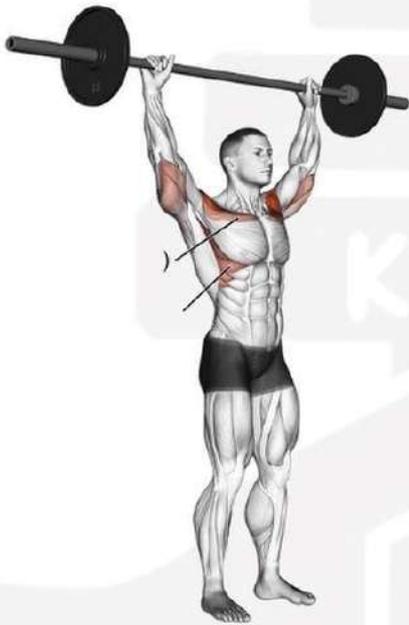
Back Side

LIKE | COMMENT | SHARE

SAVE FOR
LATER



ANTERIOR HEAD



Barbell Military Press



**Neutral Grip Seated
Dumbbell Press**



**Hammer Front
Dumbbell Raises**



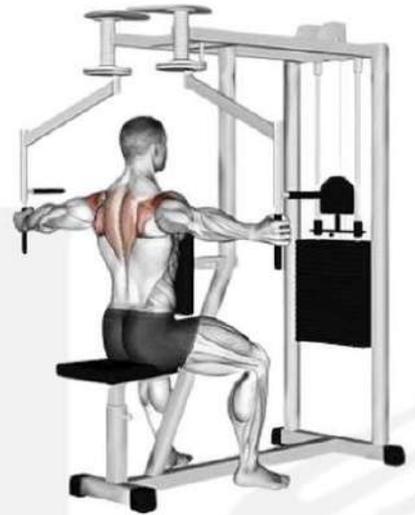
**Cable Front
Raises**



POSTERIOR HEAD



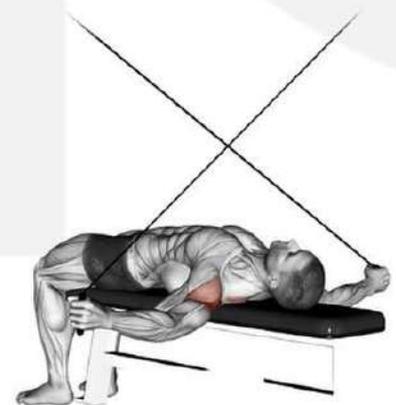
**Low Rear Delt
Pull**



**Reverse
Machine Flys**



**Dumbbell
Reverse Flys**



**Lying Cable
Rear Delt Pulls**



ROTATOR CUFFS



**Dumbbell Cuban
Rotation**



**Cable External
Rotation**



Lying Dumbbell External Rotation



LATERAL HEAD



**Behind the Neck
Barbell Press**



**Dumbbell Lateral
Raises**



**Single Arm Neutral
Grip Lateral Raises**



**Cable Lateral
Raises**



TRAPEZIUS



Barbell Shrugs



**Incline Bench
Dumbbell Shrugs**



Dumbbell Shrugs



Machine Shrugs