LILIT FIT STUDIO

Shoulder Development Program



Hi, I'm Lilit,

Head Strength Coach at Lilit Fit Studio.

This PDF is my program for shoulder development. The shoulders are a complicated ball and socket joint — so go easy. They don't need crazy weights to grow.

Growing them gives you power in a range of sports, but also gives you the classic V shape, making the waist look smaller (and who doesn't want that). Plus they tell the world you are no nonsense, no pushover, and exert presence.

So enjoy this workout, have fun, and you can always contact me with questions at:

enquiries@lilitfit.studio

The Exercises

1. Cable Lateral Raise
2. Facepull
3. Front Raise

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START



END

CABLE SIDE LATERAL RAISE

- Stand facing the machine.
- Slow controlled movement, no jerking.
- Breathe steadily.
- Mind-muscle connection.
- Start light.
- Stop if discomfort.
- 3 sets of 15-20 reps.
- 90 sec rest.
- Increase weight once you hit 20 clean reps.

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START



END



FACEPULL

Stand tall, feet together, overhand grip on the rope.
Brace.
Do not lean back — if you lean, the weight is too heavy.
Pull slowly until the rope is *in line with your ears*,
elbows high throughout.
Return under control.
Feel it in the *rear delts*.

3 sets of 15-20.
Increase weight once you hit 20 clean reps.

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START



END



FRONT RAISE

- Stand tall facing away from the cable machine, cable in one hand.
- Raise the arm forward with a slight elbow bend until it reaches 90 degrees.
- Controlled both ways, not explosive.
- Keep the weight light.
- 3 sets of 15-20.
- Increase weight slowly once you can hit 20 clean reps.
- Stop if you feel any discomfort.
- Builds the front deltoid that wraps into the chest.