

# JM Fitness Boot Camp TO GO

## Written workout #18 - **100% Shoulders**

What You'll need:

#1 - **A Stopwatch**

#2 - **Dumbbells (DB)**

Instructions = 30 Seconds of work and 30 seconds of rest. Do each move 3 times and then move on to the next core exercise. Take a 1 Minute break after the first circuit.

### **Circuit #1** **(DB For all moves)**

Left Side Raise Holds  
Right Side Raise Holds  
Left Front Raise Holds  
Right Front Raise Holds  
Shoulder Press Holds

(Hold DBs at Ear, Chin or  
Shoulder level for all holds)

### **Circuit #2** **(DB For all moves)**

Shoulder Press (Both Sides)  
Lying Front Raise  
Reverse Flys (Both sides)  
Right Side Lying Side Raise  
Left Side Lying Raise

(1/2 way up on lying front  
and side raises)