

Shoulder Workout

by Jessica Reyes Padilla, IFBB Figure Pro

I was born and raised in Cidra, Puerto Rico. Started my journey in the bodybuilding industry in 2014 at the NPC Tim Gardner Extravaganza, earning Pro status at the NPC Jr. Nationals a year later and qualified for my 1st Olympia winning the 2016 Vancouver Pro. Since then, I have been qualified for the Olympia 7 years in a row, placing Top 4 in 3 of them! Having won 15 pro shows, I am recognized as the Figure Athlete with the most Pro Wins in a Year. Working side by side with my Coach Andrew VU and having God in my Life, have been the keys to doing better every year! As I get ready for 2022, I'm so full of energy, new goals and that fire inside of me to become the first Puerto Rican Figure Olympia ever. Being a mom and a wife can make it challenging at times, however, it's also what keeps me focused and working harder when I think I can't! My husband, children and the people who truly believe in me are the best motivation I can have. I'm sharing a shoulder workout along with tips to ensure you get the most out of your workouts. Try it out and push yourself and remember NEVER GIVE UP on You... Never Give Up on Your Dreams!

EXERCISE	SETS	REPS
Cable Side Laterals (dropsets)	2	15
Lateral Raises (dumbbells)	4	15-8
Upright Rows	3	15-20
Front Raises	3	20-10
Shoulder Presses (dumbbells)	4	15-10
Face Pulls	4	15-10
Reverse Fly Machine	4	20-8

When it comes to weight, each individual has different limits on how much weight to push. Also, that will be determined by what you're looking for, more detail or adding size. I recommend volume or high reps for more definition. To add size, I recommend reps between 12 to 8. I always try to keep adding weight in every set.

Ultimately, you want to lift enough weight to complete all your sets for each exercise. By the end of the final set for each exercise, you should barely be able to finish. Find a sweet spot that will be more than enough to exhaust your muscles completely.

Some tips on how to ensure you're fully pushing yourself with each workout session. For every exercise, make sure you always hit the number of reps you are shooting for. For the final set, if you can't hit your target, don't stop. Drop the weight so you can finish your set. That's where real muscle growth comes from — pushing beyond your perceived limit.



Side Laterals (Dropsets)

We have two different ways to execute this exercise.

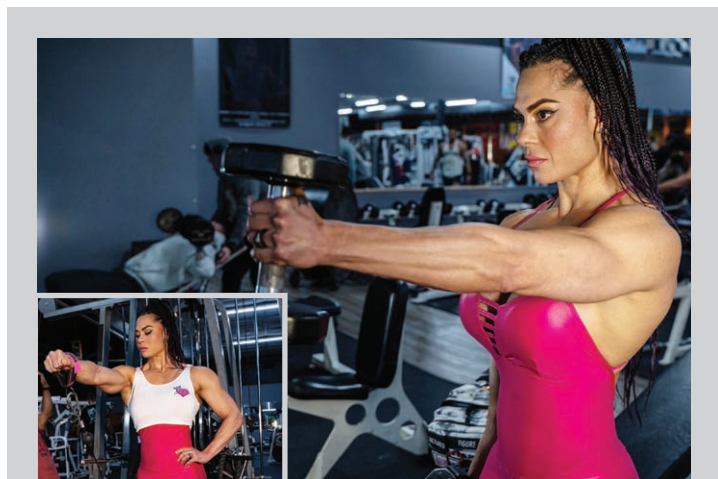
If you prefer to do it standing, make sure you are not using your legs to compensate for the movement.

An alternative is to do the exercise seated. This prevents you from using your legs and swinging your arms. Oftentimes, lifters will compensate when fatigued by dropping legs to "reach" the full range of motion.



Upright Rows

For this exercise, I recommend holding the bar with a wide grip, bringing your hands all of the way to the edge of the weights on either side of the barbell. Your palms should be facing inward towards your body. When you perform this movement — you want to bring the bar up in front of you.



Front Raises

This exercise can also be executed in different ways. You can do it with cables or dumbbells. You can do it single arm or use both. I love variation so... I switch my routines once in a while.



Face Pulls

This exercise can be performed standing or seated. When doing this exercise use a rope on the cable machine. Keeping the elbows high, pull the rope to your forehead, splitting your face. Make sure to get a good squeeze on the rear deltoid.



Reverse Fly Machine

Keeping your chest against the pad, keep your arms as straight as possible. Pull out and back squeezing the rear deltoid and control the eccentric portion of the movement back to your start position.

Shoulder Press (Dumbbells)

For the shoulder press, make sure you have the dumbbells over your shoulders. You also want to bring the weight down to your ears to get the full range of motion for this exercise. Same thing if you are doing this exercise on the machine.

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