



Remember to breathe! Exhale as you row, inhale as you lower.

Your two-minute posture fix

Whether you opt to hit your rear delts during your shoulder routine or when working your back is up to you – just make sure you do it! Tack this exercise onto your program for balanced definition.

Standing rear-delt row

SET UP: Stand with your feet shoulder-width apart and hold a medium dumbbell in each hand. Lean forward from your hips to bring your torso about 45 degrees to the floor, and allow your arms to hang below your shoulders, with your palms facing your body.

ACTION: Retract your shoulder blades and row the dumbbells as shown, leading with your elbows and squeezing your back. Reverse and repeat for three sets of 15 reps, resting 30 seconds between sets.

Q+A



BERNADETTE ABRAHAM
FITNESS TRAINER

A NEW STRENGTH PRESCRIPTION?

Dear Bernadette:

I've been told by my doctor to eliminate any overhead exercises. What other shoulder exercises can I do besides raises and upright rows?

– RACHEL, VIA EMAIL

DEAR RACHEL:

Most shoulder injuries involve some sort of muscle entrapment as a result of poor weight lifting technique or overuse of the tendons. If your injury was not due to sudden contact or collision, it would be wise to balance the training of the shoulder muscles, especially the dynamic stabilizers (i.e. rotator cuff). Muscular imbalance can pull the shoulder joint into an incorrect position, which can cause friction during arm movements.

With that said, the lying dumbbell press can be performed to maintain the size and tone of the shoulders despite the injury. Holding a dumbbell in each hand, lie on a bench and position your feet flat on the ground with your arms by your chest. With your palms facing each other, extend your arms up while keeping your elbows against your body then return to the initial position.

As a word of caution, discontinue any exercise that feels awkward or painful.

When you need to say 'no' to exercise!

With flu season well and truly upon us, it's important to know your limits when you're feeling under the weather.

Be sensible. Evaluate how you feel before starting your training. If you don't feel well, don't train.

Dry cough: Cardio exercise can increase a dry cough, so reduce your intensity or skip a few cardio sessions until your cough is better.

Congested with a headache: Avoid cardio exercise and lifting heavy weights—an increase in your blood pressure can increase the severity of your headache.

Fever: Never train if you have a fever.

Muscle ache: Never train when your muscles are aching due to an infection.

