

Dumbbell Shoulder Workout record

Optional comfortable dumbbell press: 2 x 8-12; rest 90-120 sec.

Lateral raise: 2 x 10-15; rest 60-90 sec.

Familiar supported reverse fly: 2 x 10-15; rest 60-90 sec.

Standing or suitable seated support

Press load, range and repetitions; or omitted

Lateral-raise load and repetitions

Reverse-fly load, support and repetitions

Rest between work sets

Chest and back work this week

Technique and session response

Next session and unresolved questions

Editorial examples, not personal clearance or a rehabilitation prescription.

Use familiar comfortable movements and compatible equipment. Stop for sharp or worsening pain.

Keep unknown setup details visible; do not force a load or attachment to complete the table.