

Est.

2007

YSJActive

5X5 A DAY SHOULDER PUNCHES



1. Standing with your feet hip width apart, maintain a good posture, look forward and bend your knees slightly. Ensure you have enough space so you won't hit anything when punching
2. If you want to make this exercise harder you can hold dumbbells, cans or bottles (just make sure they are safe, such as plastic bottles)
3. Take a step forward with one foot (whichever is comfortable) and turn your back foot so it's at a 45 degree angle (not pictured)
4. Raise your arms so that your palms are facing your cheeks
5. If you're not holding anything make fists with your hands, ensuring your thumb is on the outside and resting on top of your fingers
6. Punch your right arm forward, keeping it parallel to the floor, then return to the start position, repeat on the left side
7. A punch with the left and right arm is 1 repetition
8. Repeat