



# Shoulders

STRONG SHOULDERS CREATE THE TAPERED PHYSIQUE

**W**alk into a room with strong shoulders and you instantly command attention and respect. Shoulders that show their shape even underneath your clothes announce to the world that you're in top condition. Wide, fully-developed shoulders help create the coveted tapered physique, not only emphasizing your upper body, but also making your waist appear smaller and your arms look bigger.

In training shoulders, variety is important. The shoulder muscles, also known as the deltoids or "deltis," are comprised of three heads—the anterior (front), the medial (middle) and the posterior (rear). Since no one exercise optimally works out the entire shoulder, it's best to attack the muscles from three different angles. Correct body positioning is especially important when performing shoulder exercises, since a

slight error in position will take the emphasis off the muscle you're targeting.

**Caution:** Injuries are a frequent problem with shoulder training. During the lifting and the lowering, take it slowly and focus on good form. The shoulders are used in so many different exercises, and so many sports and activities, that they are likely candidates for a host of overuse injuries.

## 1 seated dumbbell press

This exercise requires you to press the weight up toward a central point instead of straight up. This allows for greater contraction of the deltoids. The result: your front and side delts get a thorough workout.

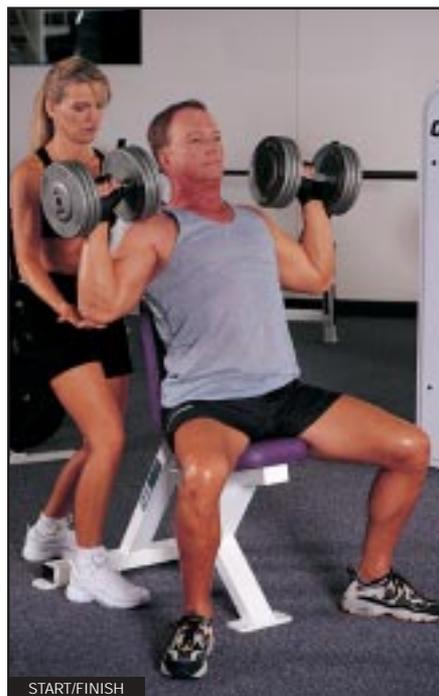
**Starting Position:** Pick up a pair of dumbbells and sit on a shoulder press bench (it should have a short, straight back) or a regular incline bench adjusted so the back is almost perpendicular to the floor. Press your back firmly against the back of the bench, with your feet flat on the floor. Hold a dumbbell in each hand, just above shoulder level, with your elbows out and palms facing forward.

**The Exercise:** Press the dumbbells up and in, until they nearly touch above your head. Don't let the weights stray back and forth. Press the weights up until your arms are almost straight (your elbows should be just short of locked). Then, slowly lower the dumbbells to the starting position.



### TIP BE CAREFUL...

not to arch your back. Keep your back straight and against the bench throughout the exercise.



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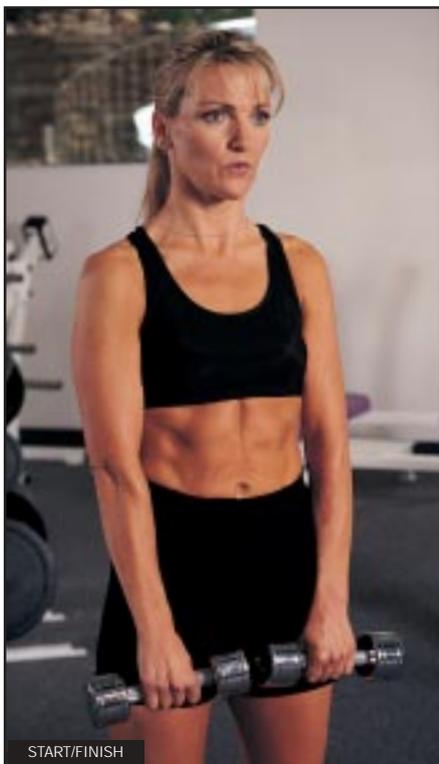


MID-POINT

# Shoulder

## 2 front raises

Want to isolate the front head of the deltoids? The front dumbbell raise is a perfect exercise to work this part of the shoulder.



**Starting Position:** Stand with a dumbbell in each hand, palms facing backward. Your feet should be about shoulder width apart. Maintain a slight bend in your elbows throughout the exercise, so that your arms are straight, but not locked.

**TIP TO WORK...**  
the front deltoids, make sure to lift the dumbbells directly in front of your body rather than letting them stray out to the side.



**The Exercise:** Lift the weight in your left hand in front of your body in a wide arc until it is slightly higher than shoulder height. With a smooth, controlled motion, lower the weight while simultaneously lifting the weight in your right hand, so that both arms are in motion at the same time.



**TIP AVOID "CHEATING" ...**  
by leaning backward and using your momentum to lift and lower the weights. Your torso should not move during the exercise.

“It’s a lot easier to keep the promises we make to ourselves than it is to break them.”

### 3 lateral raises

Performed correctly, lateral raises isolate the outside deltoids. During this exercise, be prepared to feel a satisfying, growth-producing burn.



**Starting Position:** Stand upright, with your feet about shoulder-width apart and your arms at your sides. Hold a dumbbell in each hand, with your palms turned toward your body.

**The Exercise:** Keeping your arms straight, lift the weights out and up to the sides until they are slightly higher than shoulder level. Pause briefly, then lower them slowly back to your sides.

It’s important to keep your palms turned downward as you lift the dumbbells so that your shoulders, rather than your biceps, do the work. Also, make sure that you lift the dumbbells on the way up rather than “swing” them (a very common mistake). And when you lower the weights, keep them under control—remember, there’s a lot of good muscle work going on in that portion of the exercise.

**TIP** DON’T LEAN...  
your torso forward and bring the dumbbells down in front of your body. Instead, hold the weights at your sides.

# Shoulder

## 4 reverse flyes

Reverse flyes are an extremely effective exercise for your rear deltoids. The key here is to choose the “right” amount of weight, which allows you to maintain good form and to control the dumbbells throughout each rep.

**Starting Position:** Set an incline bench at the lowest possible angle. Then, with a dumbbell in each hand, lie face down on the bench so that the top of the bench is supporting your chest. Extend your arms in front of you so that they are perpendicular to the angle of the bench. Your palms should be facing each other and your elbows should be slightly bent.

**The Exercise:** Maintaining the slight bend in your elbows, lift the weights by pulling your arms apart in an arcing motion. Think about trying to squeeze your shoulder blades together. Continue moving your elbows up until the dumbbells are at either side of your head. Pause briefly, then lower the weights slowly back to the starting position.



**TIP** HOLD THE DUMBBELLS...  
out at an angle perpendicular to your body rather than just letting your arms hang down.

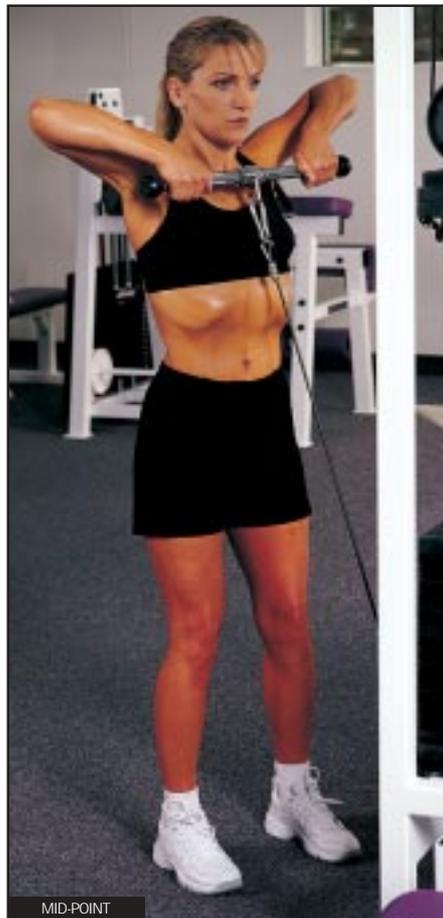
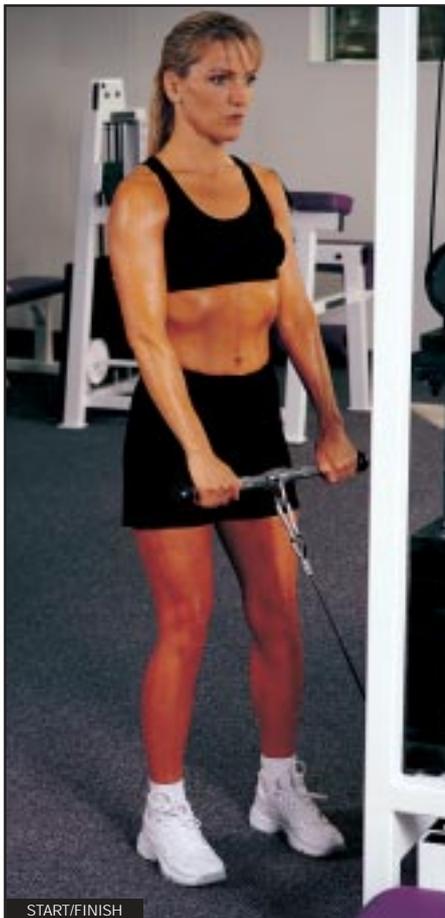


**TIP** KEEP YOUR ARMS...  
at the correct angle throughout the exercise. Lifting the dumbbells too far to the rear will involve your back muscles rather than isolating your shoulder muscles.

“Sometimes there is no next time,  
no second chance,  
no times out.  
Sometimes it's now or never.”

## 5 upright cable rows

This is a great exercise to polish off your shoulder workout by zeroing in on the front deltoids and the trapezius (the muscles that run along the top of your shoulders).



### TIP DON'T LEAN BACKWARD...

to pull the weight up with your bodyweight. Instead, keep the body steady and straight with the chest and chin up.

**Starting Position:** Attach a short straight bar to the low pulley of a Universal machine. Bend your legs and grasp the bar with an overhand grip, your hands about shoulder-width apart. Pull the bar with you as you return to a standing position. Let the bar hang straight down in front of you. Keep your body and your wrists straight.

**The Exercise:** Pull the bar straight up toward your chin, and then lower the weight slowly back to the starting position. Keep your back straight throughout the exercise.

# Shoulder

## 6 upright barbell rows

Like upright cable rows, this exercise targets the front deltoids and the trapezius. By using a barbell rather than a cable pulley, you recruit more stabilizer muscles in the shoulder. This helps to strengthen your rotator cuffs.

**Starting Position:** Standing upright, grasp a barbell with your hands about shoulder-width apart. Let the bar hang straight down in front of you. Keep your body and your wrists straight.

**The Exercise:** Pull the bar straight up toward your chin, keeping it close to your body. Concentrate on isolating the muscles in the front of your shoulders and in your upper back. Lower slowly to the starting position.

**TIP** DON'T "CHEAT"...

by leaning backward or forward and using your bodyweight to lift the bar.

**TIP** FOR BEST RESULTS...

use the "proper" amount of weight. If you have to swing the weight to get it to the "up" position, you're using too much.



MID-POINT