

DELTS WORKOUT GUIDE

**MUSCLE
& FITNESS**

THE THREE-HEADED SHOULDER

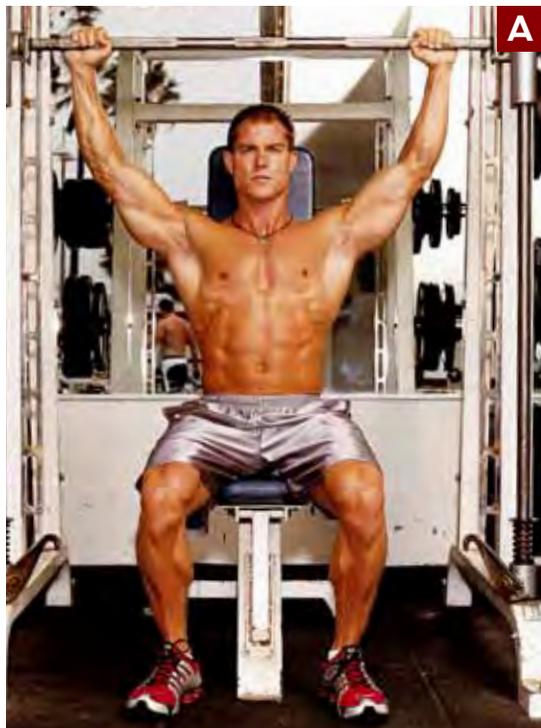
muscle needs attention from multiple angles to fully develop. The anterior head is best hit with front raises. The middle head is worked via standing and seated lateral raises, while the rear delt is targeted when you do bent-over laterals and certain reverse-flye and row-type motions. While presses primarily work the front head, they do involve all three heads in the lift.

➤➤ Momentum is the enemy of a shoulder exercise — control the weights to ensure other muscles don't take over.

➤➤ The latter three exercises can be done in any order; ideally, the sequence should be changed regularly.

#14

EXERCISE	SETS	REPS
Smith-Machine Shoulder Press	3	15, 12, 10
Wide-Grip Upright Row	2	12
One-Arm Dumbbell Lateral Raise	2	10
One-Arm Dumbbell Front Raise	2	10
One-Arm Bent-Over Dumbbell Lateral Raise	2	10



SMITH-MACHINE SHOULDER PRESS

START: Position an adjustable bench to 90 degrees, and place it within the apparatus so that the bar lowers just in front of your face. Grasp the bar outside shoulder-width and unlatch it from the safety supports.

MOVE: Lower the bar to about chin height, then flex through your shoulders and forcefully press it up. Keep your elbows under the bar during each rep.

WIDE-GRIP UPRIGHT ROW

START: Stand holding a barbell in front of you with a slightly wider than shoulder-width grip and your arms extended. Bend your knees slightly.

MOVE: Lift the bar up close to your body, concentrating on your delts, until your upper arms are parallel to the floor. Lower the weight under control — don't let it drop — to full elbow extension.





ONE-ARM DUMBBELL LATERAL RAISE



START: Stand holding a dumbbell in your right hand with your arm by your side. Hold onto a solid structure with your left hand for support.

MOVE: With your elbow fixed in position, lift the weight up until your arm is parallel to the floor, then return to the start. Repeat for reps, then switch arms.



ONE-ARM DUMBBELL FRONT RAISE

START: Stand holding a dumbbell in your right hand as you did for lateral raises. Start with the dumbbell in front of you, lightly touching your thigh.

MOVE: Lift the dumbbell straight in front of you until your arm is parallel to the ground. Slowly lower the weight and repeat. Complete all reps, then switch arms.

ONE-ARM BENT-OVER LATERAL RAISE

START: Lean forward at the waist, place your left hand on a bench for support, and hold a dumbbell in your right hand with your arm extended.

MOVE: Raise the weight straight out to the side until parallel to the floor. Repeat for reps and switch arms.



DELTS

15-MINUTE

FOR A KILLER SHOULDER SMACK

in 15 minutes flat, head to the cable station. Start with rear delts, then move on to the middle delts, and finally blast the front delts. This order is deliberate, as most people's rear-delt development lags behind, while the front delts are the strongest of the three because of the additional work they get during presses on chest day.

➤➤ Perform these as a circuit, moving from exercise to exercise with no rest.

➤➤ These are built on a reverse-pyramid system where, after one warm-up set, you start with your heaviest weight and drop the poundage 10%-20% or so each subsequent set.

#15

EXERCISE (PERFORM AS A CIRCUIT)	SETS	REPS
Standing Cable Reverse Flye	4	15, 8, 10, 12
Standing Behind-the-Back Cable Raise	4	15, 8, 10, 12
Standing Rope Cable Raise (or) Standing One-Arm Cable Raise	4	15, 8, 10, 12
	4	15, 8, 10, 12

Do the three exercises in this circuit back-to-back-to-back with no rest in-between; between each circuit, rest 30 to 60 seconds. After a warm-up circuit of light weight, start heavy and drop the weight each successive set.



STANDING CABLE REVERSE FLYE

START: Stand in the centre of a cable crossover apparatus. Start with hands crossed in front of you at shoulder height with the left high cable in your right hand, the right in your left hand.

MOVE: Using your rear delts, pull your elbows out and back as far as possible, then return to the start.

STANDING BEHIND-THE-BACK CABLE RAISE

START: Having the cable go behind your back instead of to the front helps eliminate cheating. Take a step forward so the cable runs behind you without hitting your body.

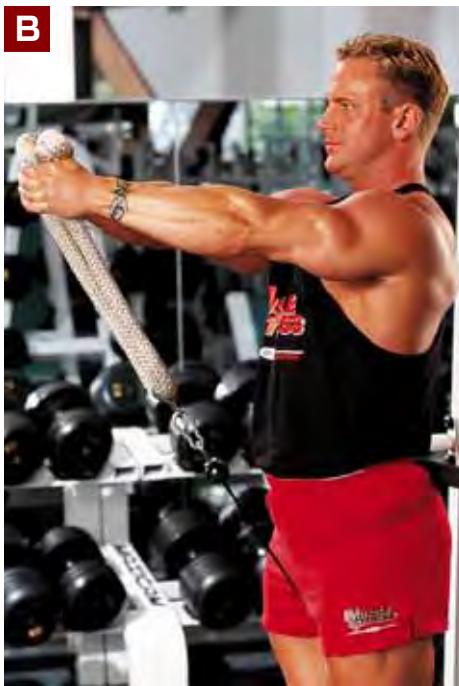
MOVE: Keeping your torso erect and arm straight, lift the handle out in an arc until your hand is level with your delt. Lower back to the start.



STANDING ROPE CABLE RAISE

START: Stand with the low pulley just behind you, the cable running through your legs. Hold the rope with a neutral (palms facing each other) grip.

MOVE: In a smooth motion, lift the rope straight out in front of you, keeping your arms straight throughout.



STANDING ONE-ARM CABLE RAISE (D-HANDLE)

Use this one-hand variation of the rope cable raise if you have one delt that's a lot stronger than the other — this way, that stronger side can't compensate for the weaker one by pulling more of the load.

DUMBBELLS ARE WELL-SUITED

for working the delts, making shoulders the perfect at-home workout. Here, we build a workout around three unique and very effective moves advocated by top IFBB fitness competitor and model Beth Horn.

➤➤ Control is vital in this routine. Don't throw the weights around — perform the up and down slowly and deliberately.

➤➤ Don't dawdle. To finish in 15 minutes or less, you'll need to keep rest periods to about 30 seconds max between sets.

#16

EXERCISE	SETS	REPS
Palms-Facing Overhead Dumbbell Press	3	10
Dumbbell Lateral Raise-Horizontal Shoulder Adduction	3	12
Incline Cross-Body Rear Delt Raise	3	10-12



PALMS-FACING OVERHEAD DUMBBELL PRESS

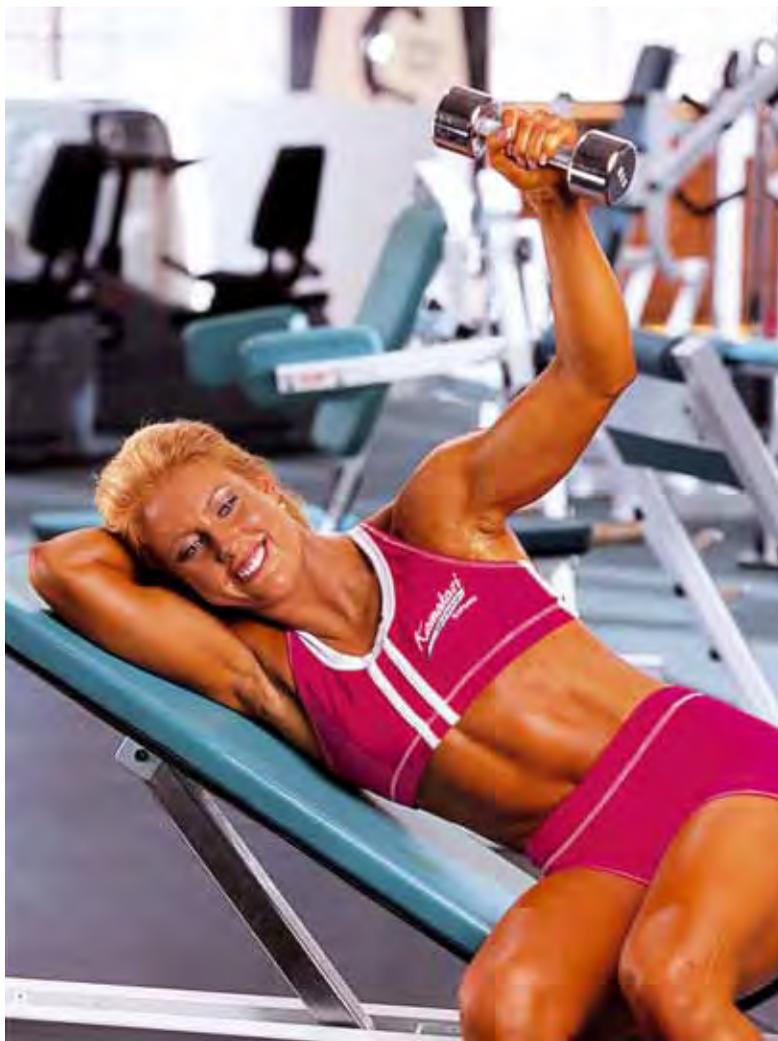
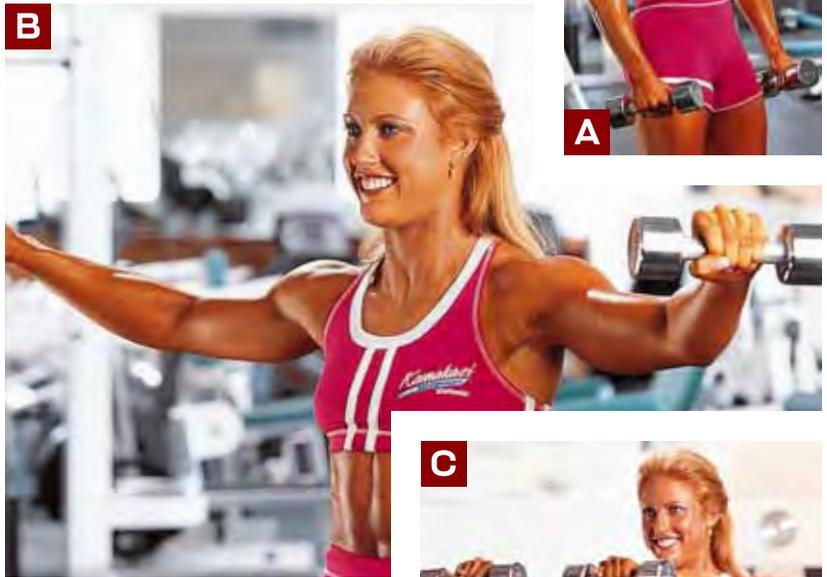
START: Sit upright, upper arms parallel to the floor, elbow joints bent 90 degrees and feet planted firmly on the floor.

MOVE: Keeping your shoulders back and abs tight, extend your elbows to press the dumbbells overhead, maintaining a constant distance between the weights throughout the ascent. The range of motion is less than when the palms face forward, but it's more natural, Beth says. For example, you don't experience that "popping" sensation near the top of the press, which is what often happens in the shoulder's ball-and-socket joint when you complete a palms-forward rep.

DUMBBELL LATERAL RAISE-HORIZONTAL SHOULDER ADDUCTION

START: "In the start position, I hold two dumbbells at my sides at arms' length, palms facing in," Beth says. "Maintaining a slight bend in my knees and waist to keep pressure off my low back, I lean forward very slightly."

MOVE: Raise the dumbbells directly out to your sides, keeping your elbows bent 5–10 degrees. Stop once your arms are parallel to the floor, and bring the dumbbells together in front of you while keeping your arms parallel to the floor, an active range of motion called horizontal shoulder adduction. Once your arms are extended directly out in front of you and the weights are only a few inches apart, retrace that movement to return to the top point of the lateral raise: arms out to the sides, elbows slightly bent. Then lower the weights back down to your sides.



INCLINE CROSS-BODY REAR DELT RAISE

START: Set an incline bench at 30–40 degrees and lie on the long pad so that one side of your body is flush against it. Position your non-working arm so that the lower half supports your head; position your working arm, dumbbell in hand, to hang across your body, your elbow slightly bent and your palm down.

MOVE: Contract your shoulder to lift the dumbbell upward, keeping your upper arm moving through the same diagonal plane throughout, so that it always forms a 90-degree angle with your torso. Retrace the movement back to the start position.

IF BODYBUILDING CONTESTS WERE

judged solely on popularity, Günter Schlierkamp would never lose. With his easy-going smile and incredibly approachable demeanour, the German giant has won countless fans the world over. He used this particular routine in preparation for his 2002 GNC Show of Strength victory.

➔➔ “In the past, I’d try to go much heavier but I’d lose my form,” Günter says. “Now I concentrate more on feeling the muscles. [If I happen to fall back into bad habits] I go 10–20 pounds lighter on the next set.”

#17

EXERCISE	SETS	REPS
Seated One-Arm Dumbbell Lateral Raise	4	15, 12, 8–10, 6
Seated Dumbbell Press	4	12, 8–10, 8, 6
Dumbbell Upright Row	4	15, 12, 8, 5–6
Incline-Bench Bent-Over Lateral Raise	4	15, 10–12, 10–12, 10–12

Günter also includes smith machine full- and partial-range presses in his shoulder workout, either near the beginning (after seated lateral raises) or as a final burnout exercise.

SEATED ONE-ARM DUMBBELL LATERAL RAISE

START: Günter likes to begin with this middle-delt exercise instead of the heavy presses he used to do, and his shoulder twinges are a thing of the past. Sitting erect at the end of a flat bench with a dumbbell in each hand, angle the thumb on your working arm down, little finger up. Maintain this hand position throughout the movement to place stress on your delt.

MOVE: Power the weight up, keeping a slight bend in your elbow. At the top, with your elbow just above shoulder height, reverse direction and lower the weight under control. To keep stress on the muscle, stop short of fully relaxing your arm before beginning the next rep. Repeat for reps, then switch arms.



A



B



SEATED DUMBBELL PRESS

START: Sit on a straight-back bench with your feet firmly planted on the floor. Begin with your elbows at shoulder level but slightly forward, forearms angled in slightly so that the inner plates of the dumbbells are directly above your delts.

MOVE: With your knuckles pointed at the ceiling, push the weights straight up, stopping short of locking out your elbows. Then control the dumbbells all the way down until your upper arms are parallel to the floor or slightly lower, the weights at approximately ear level.



DUMBBELL UPRIGHT ROW

START: Stand with your chest lifted, holding the weights in front of your thighs, palms facing your legs and elbows slightly bent.

MOVE: Bring your elbows up and out to your sides as you lift the dumbbells, keeping your wrists straight. When your elbows reach shoulder level, the inside plates of the dumbbells at your armpits, reverse direction and lower the weights under control to the start.



INCLINE-BENCH BENT-OVER LATERAL RAISE

START: Günter straddles an incline bench and leans his chest against the pad. "You want your torso to be almost parallel to the floor so you hit your rear delts as you lift the weights out to each side," he says. At the start, his arms hang down with a slight bend in his elbows.

MOVE: Günter leads with his elbows to lift the dumbbells out to his sides to shoulder level. He explains that it's important to bring your elbows straight out from the shoulder rather than lifting them rearward, which would recruit more of your upper back than your rear delts.

ONE WORD TO DESCRIBE BOB

Cicherillo? Persistent. After 13 years battling for his pro card in the amateur ranks, Chick finally broke through at the 2000 NPC USA Championships. He brings the same state of mind to the gym, training hard 'n' heavy for that polished look.

➡➡ "When training shoulders, use your chin as a guide," Cicherillo instructs. "I begin and end my overhead presses at my chin, and bring upright rows to a point just underneath my chin."

➡➡ He also gives delts their own training day, rather than pairing them with chest, triceps or another bodypart, to give them his utmost attention.

#18

EXERCISE	SETS	REPS
Seated Machine Press	3*	12-15
Bent-Arm Dumbbell Lateral Raise	3	12-15
Bent-Over Dumbbell Lateral Raise**	3	12-15
EZ-Bar Upright Row	3	12-15

* Does not include 2-4 warm-up sets of 12-20 reps.
 ** This exercise is shown in Craig Titus' workout on next page.

SEATED MACHINE PRESS

START: "I like to begin my workout with a power motion like overhead presses to get the muscles moving and the blood going," Bob says. "I sit on a bench with a backrest and grasp the handles with my hands just outside shoulder-width apart, or even a bit wider."

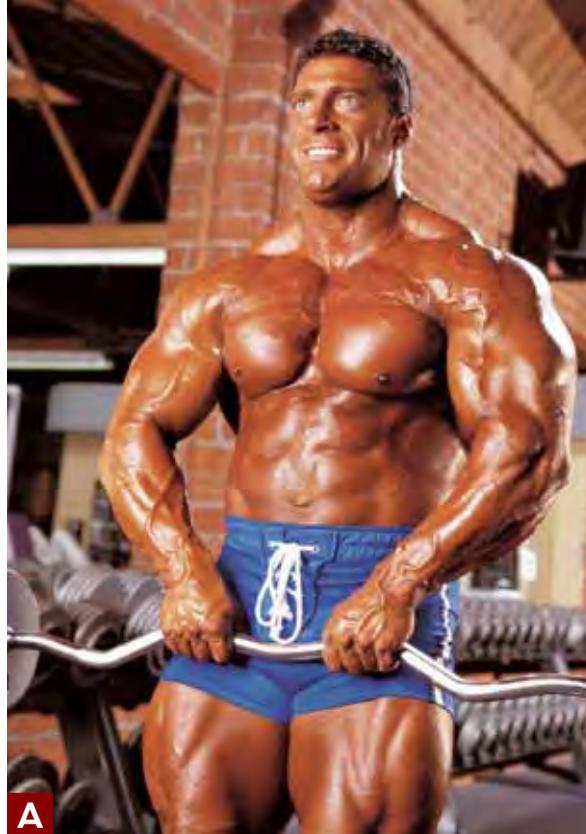
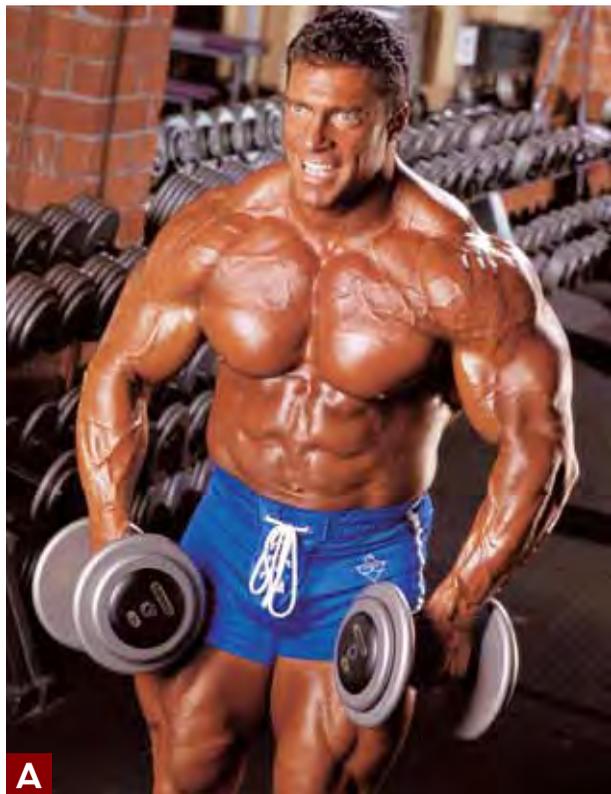
MOVE: "I begin with the handles precisely at chin level and use my chin as a guide throughout the exercise. I press the weight up and over my head at a steady rate of speed – not too fast, and nothing explosive. I come to a full extension overhead without locking out, then slowly come back to the start, lowering the weight only to chin level."



BENT-ARM DUMBBELL LATERAL RAISE

START: "I begin with the dumbbells to the sides of my thighs with my palms facing my body," Bob says. "It's nearly impossible to cheat because this position totally isolates the middle delt and keeps you from using your back or traps to help with the lift."

MOVE: Slowly raise the dumbbells up and out, making sure your elbows are always higher than the weights. Pause a moment at the top before slowly returning to the start.



EZ-BAR UPRIGHT ROW

START: "Standing with my knees slightly bent, I hold the bar with my shoulders down and my focus forward," Bob explains.

MOVE: "Leading with my elbows, I lift the bar straight up, keeping it close to my body, until my wrists come underneath my chin. I pause a moment and squeeze hard in this top position before slowly lowering the bar back to the start."



"I'm a big believer in training delts hard, because the wider they are, the smaller your waist looks," Bob says.

CRAIG TITUS MAY HAVE A reputation as bodybuilding's "bad boy", but his training programme is all good if you want to get bigger and stronger.

➔ Titus' training motto: go intense or go home. "But intensity doesn't necessarily mean maxing out," he says. "I used to lift as heavy as possible, which was plain stupid. Now I train smarter: I use moderate to heavy weights with higher reps and focus on forcing as much blood into the muscle as possible."

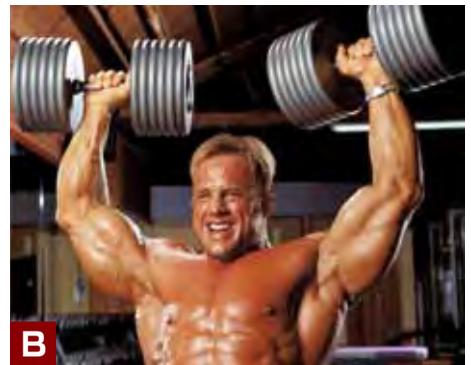
SEATED DUMBBELL PRESS

For a full description, see Günter's workout.

#19

EXERCISE	SETS	REPS
Seated Dumbbell Press	3*	12-15
One-Arm Lateral Raise	4	12-15 each arm
Bent-Over Lateral Raise	4	15-20
One-Arm Front Raise	4	15-20
Dumbbell Shrug	5	10-15

*Doesn't include two warm-up sets of 12 to 15 reps.



ONE-ARM LATERAL RAISE

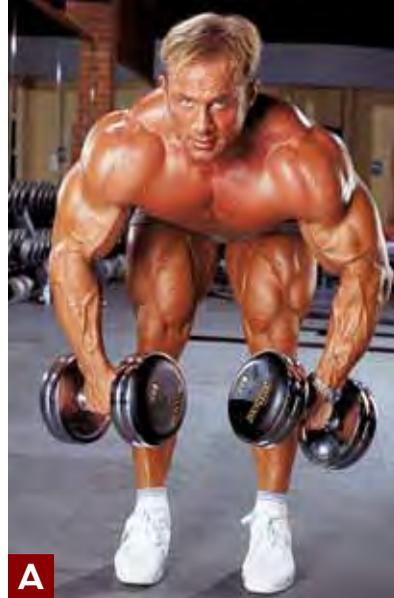
START: "Although lateral raises are traditionally done with both arms simultaneously, I like to single them out to focus on individual shoulder development and strength," says Craig. "It also allows me to extend my rep range by 5-6 reps." Stand with your feet shoulder-width apart for balance, and hold a pair of dumbbells outside your thighs (the second dumbbell is for balance purposes) with your elbows slightly bent and your palms facing inward.

MOVE: With your upper body steady, slowly lift one dumbbell up and out to the side until it comes to a level slightly above your shoulder. Pause for a moment and lower it back down to the start. Complete all reps for one arm before starting with the other arm.

BENT-OVER LATERAL RAISE

START: Stand with your knees slightly bent and, holding a pair of dumbbells in front of you with your palms facing each other, bend forward from the hips like a jackknife, keeping your back flat and your head up. Allow your arms to hang straight down from your shoulders and bend your elbows slightly.

MOVE: Slowly lift the dumbbells up and out to the sides of your body, pulling through the rear delts and rhomboids. Pause a moment at the top of the motion before slowly lowering the weights back down to the start. "Avoid the use of momentum by lifting the dumbbells slowly and deliberately, and imagining the distance between your shoulder blades getting smaller as you raise the weights," Craig recommends.



ONE-ARM FRONT RAISE

START: Stand with your knees slightly bent, your back straight and your focus forward. Hold a pair of dumbbells at your thighs with your palms facing your body.

MOVE: Imagining that your shoulder is the only point in your body that is mobile, slowly lift one dumbbell in front of you, raising it to a level slightly above your delts. Pause for a moment at the peak contraction before slowly lowering the weight back to the start. Repeat with the other arm. "Try doing three reps with one arm, then three on the other," Craig suggests. "Alternate like that until you get 15–20 reps on each arm. That's one set, and one killer burn."

DUMBBELL SHRUG (PICTURED ON PAGE 51)

START: At the end of every shoulder workout, Craig invariably performs five sets of dumbbell shrugs to smack the muscle that sits between his delts — the traps. Stand comfortably upright, feet a little less than shoulder-width apart, and hold a pair of dumbbells at your sides.

MOVE: Slowly shrug your shoulders to lift the dumbbells. Be careful not to bend your elbows as you lift the weights. At the top, pause for a moment and contract hard through your traps and rhomboids before slowly lowering the weights back to the start.

MORE WORKOUTS TO TRY:

#20) As each focuses on one of the three delt heads, you can use #20, #21 and #22 in concert; rotate between the three every shoulder workout.

#21) Here you hit middle delts first while you're fresh. The reverse pec-deck machine in this workout can be found in most gyms; it is a pec deck where you can adjust the handles, sit backward in the machine, extend your arms and perform what essentially looks like a reverse flye. If you don't have access to this machine, any variation of a bent-over dumbbell lateral will suffice.

#22) The front delt usually gets a lot of work during any shoulder or chest workout, but in combination with 20 and 21, this front-focused routine works well.

#23) If you're noticeably weak in your presses, here's your chance to rectify the situation. Once you can handle more weight, you should find that muscle growth comes easier to your delts, even after you switch to another routine.

#24) Using stability-building Swiss ball moves and isometric holds, this workout is a way to break out of your comfort zone and start growing again.

#25) Once you have some shoulder bulk, carve those delts into cannonballs.

#26) This is for those ready to take their efforts to the next level.

#20 REAR DELT EMPHASIS

EXERCISE	SETS	REPS
Bent-Over Lateral Raise	4	10-12
EZ-Bar Upright Row	3	10-12
Smith-Machine Press	3	10, 8, 6
One-Arm Lateral Raise* (compound set with)	2	10
One-Arm Front Raise*	2	10

* Use a lower-pulley cable and a D-handle attachment.

#21 MIDDLE DELT EMPHASIS

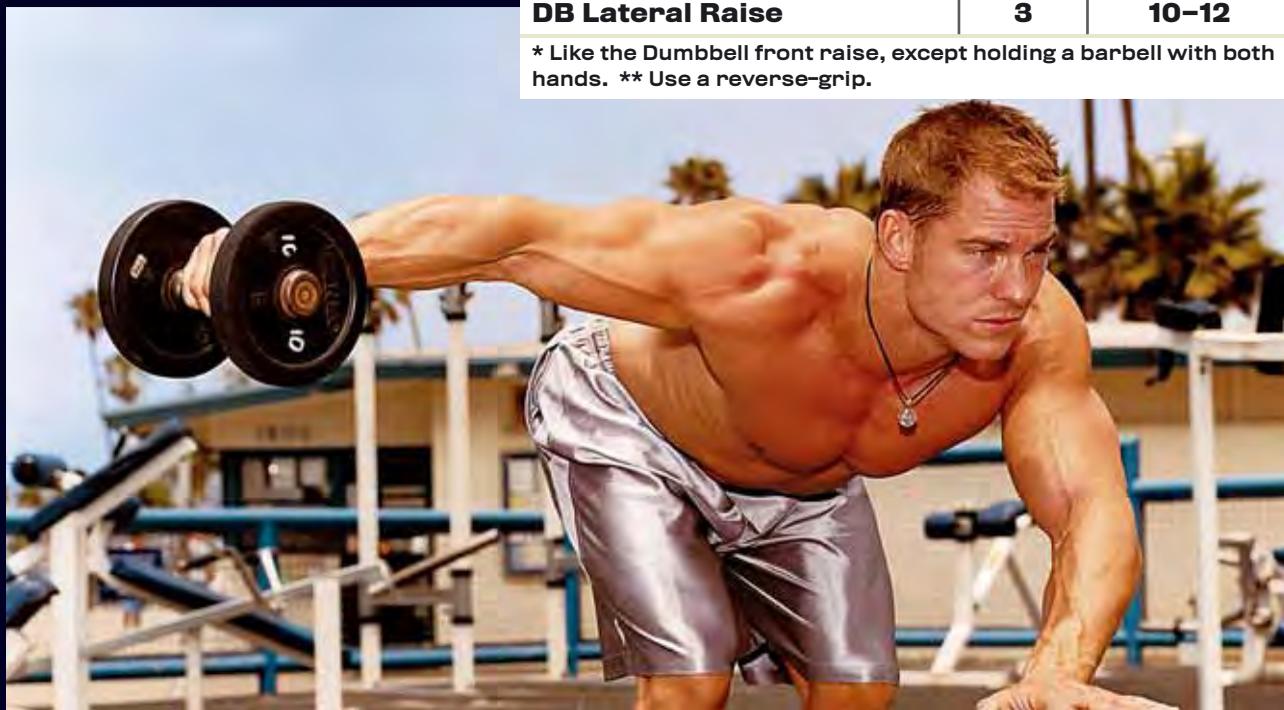
EXERCISE	SETS	REPS
Seated Dumbbell Lateral Raise (compound set with)	3	10-15
Dumbbell Lateral Raise	3	10
Arnold Press*	4	12, 10, 8, 6
Reverse Pec-Deck	2-3	10-12

* Like a regular Dumbbell press, except at the bottom you start with your palms facing you, twisting your wrists as you press so your palms face forward at the top.

#22 FRONT DELT EMPHASIS

EXERCISE	SETS	REPS
Barbell Front Raise*	3	12, 10, 8
Smith-Machine Press**	4	12, 10, 8, 6
Upright Cable Row (compound set with)	3	10-12
DB Lateral Raise	3	10-12

* Like the Dumbbell front raise, except holding a barbell with both hands. ** Use a reverse-grip.



#23 POWER & STRENGTH

EXERCISE	SETS	REPS
Upright Dumbbell Row	3	15, 10, 8
Seated Barbell Press	5	10, 10, 8, 5, 3
Standing Dumbbell Press	3	10, 8, 6
Leaning Lateral Raise†	2	10-12
Standing Cable Reverse Flye	2	10-12

† Grasp a stationary object, lean away from it and perform Dumbbell lateral raises with your free hand.

#24 SHOCK ROUTINE

EXERCISE	SETS	REPS
Standing Barbell Press	4	12, 10, 8, 6
Swiss-Ball Dumbbell Press* (compound set with)	3	8, 10, 12
Swiss-Ball Dumbbell Lateral Raise*	3	8, 10, 12
Dumbbell Lateral Raise†	2	8
Bent-Over Lateral Raise†	2	8

* Perform presses and laterals while seated on a ball.

† Hold the top position of every rep for 5 full seconds.

#25 HIGH DEFINITION

EXERCISE	SETS	REPS
Seated Dumbbell Press (compound set with)	4	15-20
EZ-Bar Upright Row Alternating set:*	4	15-20
Dumbbell Dual Front Raise	3	12
Dumbbell Lateral Raise	3	12
Reverse Pec Deck	2	15

* Do one front raise (raising both Dumbbells at the same time), then one lateral raise, and continue alternating.

#26 ADVANCED

EXERCISE	SETS	REPS
One-Arm Dumbbell Press*	4	12, 10, 8, 8
Multi-Grip Upright Row†	3	12, 10, 8
Behind-The-Back Cable Raise	3	10
Incline Cross-Body Rear Delt Raise	3	10

* Like a seated Dumbbell press, except you perform with one arm at a time. † First half of set, use a just-outside-shoulder-width grip; second half, move your hands just inside shoulder-width.