

## Eye-catching Shoulders

Muscular shoulders balance your torso to your hips and trim the waist. Well developed, defined shoulders are the crown jewels of a finely honed physique. In our subtropical climate, we have plenty of opportunity to display our hard work. A good shoulder routine will include three or four good exercises targeting all three heads of the deltoids. We will highlight three.

Begin **Smith Machine Seated Shoulder Press** by placing a back supported bench under the machine. Grasp the bar shoulder width apart so in the down position you are forming a right angle with your upper and lower arms. Go behind the head for more rear and medial head stimulation. If you have range of motion problems, you can execute them to the front, putting more stress on the anterior head. This is an easier movement. (The anterior or front deltoid gets a lot of stimulation from incline chest work.) Bring the bar down behind your head without rolling your wrists back and remain erect in the seat. Hesitate at the bottom, lifting your head as you press the bar up to the start position. If you cannot maintain form, you may be going too heavy. To maintain ROM and shoulder integrity you must stretch your shoulders consistently and work on the stabilizing muscle groups. Do three to four sets of 8-10 reps pyramiding up in weight.

Grasp a pair of dumbbells for **Standing Lateral Flys**. Feet should be shoulder width apart, torso erect, head and chest up, with the dumbbells at each side. Raise the dumbbells to shoulder height, keeping the arms long, with a soft elbow. Bending the elbows too much shortens the lever and makes the movement easier, resulting in less stress on the medial head. Tipping the thumbs forward as you raise the dumbbells, an advanced action, increases posterior muscle recruitment. Hesitate and return to the start position. Do three sets of ten reps.

Most gyms have a **Rear Pec-Dec Machine** to target the rear delts. Adjust the machine height and sit facing it. Remain erect and do not rest your chin on the seat. Keep your scapula depressed with chest lifted while you grasp the handles with arms fully extended. Focusing on your rear deltoids pull the handles out and back. Flex your rear delts and return to the start position. Do three sets of 10 reps.

Add some sizzle this summer and sport some sexy delts! Train hard☺