

How You Can Get Ripped

SHOULDERERS

By Shane Doll, CPT

Model Devyn Carter

This month the spotlight is on exercises to develop strong, muscular shoulders. You'll notice that isolation movements, like db lateral raises, didn't make my list of most effective exercises. If you want broad, powerful shoulders, look no further than pressing something heavy over your head. Add the other exercises listed below to some heavy overhead pressing and you'll be ready to peel off that shirt come beach season.

1. Barbell Overhead Press: Standing with knees slightly bent and hips pushed outward, brace your abdominals and press the barbell overhead. Perform a semi-squat prior to pressing, using your legs for assistance with heavier loads.

2. Barbell Upright Row: Standing with knees slightly bent and hips pushed outward, grab the bar with an overhand grip slightly narrower than shoulder width. Pull the bar straight up until your arms are parallel with the shoulders. Lower and repeat.

3. Cable High Pulls: While in a squat position grab a triceps rope with an overhand grip on an adjustable cable machine. Align the pulley at shoulder height. With arms at shoulder height pull the rope straight backward. Keep your abs contracted during the pulling movement to stabilize your spine and pelvis. Return to the starting position and repeat.

4. L Push-Up's: Place your feet on a box, bench or other stable object. Put your hands on the floor in a push-up position, then walk them back towards your legs, getting into a "pike" position. While in the pike position, lower yourself to the floor and press back up. Be ready for a challenge and use caution when fatiguing, due to the position of your head and neck.

5. Dumbbell Iron Cross: While in a standing position with knees slightly bent and hips pushed outward, grab two dumbbells with a neutral grip. Raise the dumbbells straight up until parallel with the shoulders then reverse fly them into a cross position. Slowly return to the middle, lower and repeat.

Shane Doll, CPT, CSCS is the owner of Shaping Concepts Fitness Training Studios. To see videos of these and other great shoulder exercises go to www.shapingconcepts.com.

1



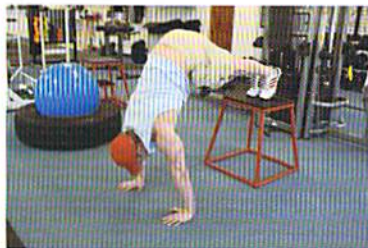
2



3



4



5

