



HOW YOU CAN HAVE TONED AND SHAPELY

# REAR DELTS

Model: Stephanie Tipper

By Shane Doll, CPT

This month the spotlight is on exercises to develop the rear delts. Training the rear delts really helps to show off the definition in your shoulders and arms. You'll also get the benefit of having good posture, when you strengthen the muscles that support the shoulder girdle. Most any "pulling" movement will work the rear delts, but these are five of my favorites.

**1. Dumbbell Bent Over Rows:** Standing with knees slightly bent and hips pushed outward, grab two dumbbells with a neutral grip. Bend over at the waist until you have a flat back and pull the dumbbells straight up making an "L" with your arms. Squeeze your shoulder blades at the top of the movement for a good contraction. Return and repeat.

**2. Barbell Upright Rows:** Standing with knees slightly bent and hips pushed outward, grab a barbell with a pronated or closed grip. Position your hands with a close grip, inside shoulder width. Pull the bar straight up, keeping it close to your body. Extend your elbows out as you raise the bar. Continue to raise the bar until your upper arms are parallel with your shoulders. Return and repeat.

**3. Dumbbell Incline Rear Delt Row:** Sit in an incline bench facing the opposite way. Grab two dumbbells with a pronated or closed grip. Raise the dumbbells straight up, making an "L" with your arms. Squeeze your shoulder blades together at the top of the movement. Return and repeat. This little known movement really targets the rear delts.

**4. Rope High Pulls:** Sitting with knees slightly bent on a cable low row machine, grab a rope attachment and pull back with elbows extended high. The rope should come back to approximately chest height. Once again make sure to squeeze your shoulder blades as the rope nears your chest. Return and repeat.

**5. Resistance Band High Pulls:** Standing with knees bent and hips slightly pushed outward, grab a resistance band with both hands close together. Pull the band upwards toward your chin as you extend your elbows out to the side. Continue to pull until your arms are parallel with your shoulders. Return and repeat.

*Shane Doll, CPT, CSCS is the owner of Shaping Concepts Fitness Training Studios. To see informative videos and articles on fitness training, fat loss, and nutrition go to [www.shapingconcepts.com](http://www.shapingconcepts.com)*

