

BODYWEIGHT SHOULDERS



**The Ultimate Home
Shoulder Workout Solution**

By **Alain Gonzalez**

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P.ROGRESSIVE T.ENSION O.VERLOAD

If you have ever heard someone say “change up your program so your muscles don’t adapt”, then I highly advise that you reconsider any of their fitness advice. You see, it is an irrefutable fact that muscle building is 100% based on adaptation. If you don’t adapt, you don’t grow, period.

Here is how it works (in Layman’s terms): You start a workout routine that stimulates the muscle. This is new stimulus to the muscle and therefore your body forces itself to adapt to the stimulus by creating bigger and/or stronger muscles in order to perform the given activity again. When, *and only when*, your body adapts to a specific stimulus, the muscle will grow.

Fact: Your muscle does not know how much weight you are lifting and it can’t differentiate between different exercises of the same movement. Your muscles ONLY understand tension.

Instead of “switching it up” with new exercises that we haven’t introduced, we should solely be focused on creating more tension, slowly, in order to ensure adaptation.

Adapting to NEW Stimulus

In order to increase tension progressively to ensure muscle adaptation, we must continue to progress.

Progress Can Be Made By...

- Increasing the reps without sacrificing sets
- Adding a set*
- Increasing the TUT without sacrificing reps
- Increasing training density
- Increasing volume through bodyweight amplifiers (i.e. rest pause sets, isometrics, etc.)

Immediate Action: If anything you just read makes sense to you, then I advise that your first step before starting this journey to bigger pecs be to get yourself a workout journal/log/book.

Guessing your total workload or not coming into a workout prepared to outperform your last performance is a sure way to fail.

SHOULDER ANATOMY 101

Deltoid

Origin:

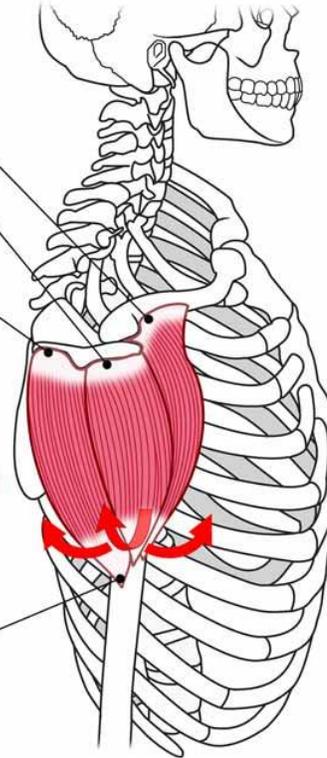
- Anterior head: clavicle
- Lateral head: acromion of scapula
- Posterior head: spine of scapula

Actions:

- Anterior head: Flexes and internally rotates arm
- Middle head: Abducts arm
- Posterior head: Extends and laterally rotates arm

Insertion:

- deltoid tuberosity of humerus



Shoulder Flexion



Shoulder Abduction



Shoulder Hyperextension



Internal Rotation of Humerus



THE ECCENTRIC

Most lifters often believe that lifting the weight is the only portion of the exercise that exists. They believe that the contraction is the only portion of the range that matters. But lifting the weight is only *half* of a complete ROM. The negative (eccentric) portion of the exercise has actually been proven to be *more* beneficial toward overall muscle gains.

With any exercise, it is true that we are able to lower (in a controlled fashion) a larger amount of weight in an eccentric movement than we can lift in a positive contraction. This simply means that we can force our body to handle a heavier workload and thus increase muscular stimulus dramatically by simply focusing on the negative or eccentric portion of the lift.

In regards to bodyweight training, this becomes even more critical since increasing the workload in a traditional fashion is out of the question.



As you progress and become more proficient with certain movements, slow negatives should become a staple of your training. Not only will this increase the TUT, but controlling your body through space while the muscle fibers are more susceptible to damage is a sure-fire way to induce hypertrophy.

THE BIG NUMBERS

HOW MANY SETS?

Numerous studies have shown that there is no difference between performing 10 sets per muscle group and performing 20 sets per muscle group (*these numbers reflect larger muscle groups*). As long as you continue to increase the volume (as mentioned earlier), whether you train for 10 sets or you train for 20 sets, your body will continue to change. However, I am not going to leave you guessing and stressing about how many sets YOU will do. There is no need to make this process more complicated than it should be. The delts are not only a small muscle group, but they get a great amount of attention when pushing and pulling. With that being said, we should NEVER have to train them with nearly as much volume as we would a larger muscle group (i.e. Chest, Legs, Back). This is why I kept it very simple when designing the program.

The Big Number: 12-16 SETS

HOW MANY REPS?

The amount of reps you train with will determine the type of muscular hypertrophy you trigger. While a lower number of reps increase strength and/or density, a higher number will target more of the muscle cell size. In our case, strength, density, and size are all important. This is why we will be alternating the rep range we train with.

REP RANGE	STRENGTH	DENSITY	SIZE
1 to 3	XXXX		
4 to 6	XXX	XXX	
7 to 10	X	XX	XXX
11 to 15			XXXX

The Big Number: (Rep range will vary from session to session: see workout details)

HOW MUCH REST IN BETWEEN SETS?

The idea is to give your muscles just enough time (not too much, not too little) to replenish their energy stores to allow you to continue lifting strong. If you let them rest too long, the creatine phosphate and ATP Glycolysis energy systems will have replenished substantially. The aim is to continue to train the muscle before it has fully recovered. On days where you are lifting heavier, you'll need enough time to allow your muscles to replenish their energy stores without fully recovering. Thus it is better to rest longer in order for the nervous system to recover. **Because we will be training with bodyweight only, however, a longer rest period is not necessary since the intensity is low.**

The Big Number: Rest 30-90 Seconds

WHAT IS THE MOST OPTIMAL TIME UNDER TENSION? (How long should the reps last?)

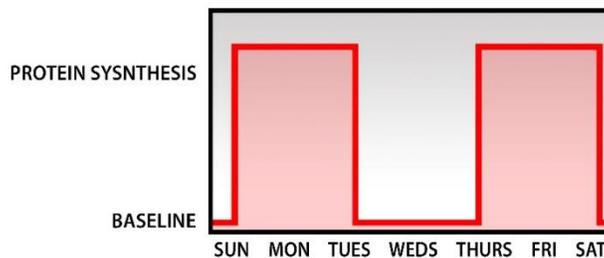
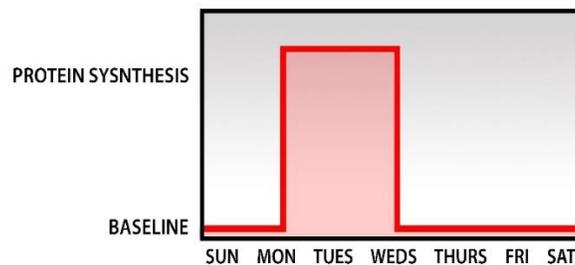
The proven optimal TUT for muscle growth (Time under tension) is around 40-70 seconds.

The Big Number: 40-70 seconds

Rep Tempos Vary (see the workout details)

FREQUENCY

Although your muscles DO require an adequate amount of rest in order to grow, don't be fooled by the misinformation that has been spread around the fitness community. Most "experts" would say that you should only train a muscle group once per week. Others will argue that 2 times per week is the absolute max. Fact is, the more frequently you train a specific muscle group, the faster your body will adapt to the load and ultimately, the faster you will recover. However, this does not mean to train your shoulders 5 times per week for a year in order to build them. This simply means that when prioritizing a specific muscle group, it is totally fine (and crucial) that you increase the frequency.



Note: Larger muscle groups will require more rest than a smaller muscle group. Smaller muscle groups will recover much faster and thus can tolerate a higher frequency.

In our case, we are training the shoulders, a relatively small muscle group.

Training your shoulders 3x per week with 24-48 hours rest in between training sessions is NOT overkill....especially considering the fact that we are performing lower intensity bodyweight exercises. Not to mention, 3 completely different training approaches will stimulate the muscles in many different ways. Exhausting all muscle fibers and expediting the overload process.

PRIME FOR PERFORMANCE

Before we can ever get maximum results from our shoulder training, it is critical that we correct any existing shoulder issues, improve our range of motion, and ultimately optimize our performance. This can easily be done by including 1 often dismissed portion of the workout, the warm up. Now I am not saying that we should hop on the treadmill for 10-15 minutes before our training to warm up to get the blood flowing...I am talking about very specific shoulder movements that we can perform before every shoulder workout in order to:

1. Fix/Correct any of the shoulder injuries you may have had in the past
2. Increase flexibility and mobility
3. Increase strength and performance with ANY movement that involves the shoulder

In this chapter, I am going to list 7 different shoulder muscle warm up exercises. Then I am going to give you a list of a few different warm up routines that you can follow before each shoulder workout.

Note: If you fail to properly warm up the shoulders, you are at risk for serious injury, shitty mobility, and will not be training at your maximum potential.

None of these workouts/exercises should hurt.

Traffic Light



- Keep your elbows parallel to the ground and rotate the shoulders.

Band Pull Apart



- Pull down the band (make sure it's behind your head), then separate the band (come down to where its comfortable), and lift back up.

Stick Rotations (Start With No Stick)



- Start off by performing the range of motion that YOU can without the stick. Once you feel ready, start using the stick but only bring it as far back as comfortable.

Wall Slides



- Keep your back flat and arms against the wall. Shoulder blades tight, elbows back, wrists back, and try to lift as high as possible and then back down. Feet should be about 6 inches from the wall.

Scapular Push Ups



- Start in a push up position. Keep your core tight and your chin tucked. Then retract the shoulder blades as seen in the image above.

Y-Lift



- Set your bench at 45 degrees. Lift your arms up nice and straight with your hands in a thumb up position. This can also be performed with a palm up position.

Prone Shoulder Series



- As seen in the photos, this is basically a Y, T, and a W with your arms while lying on your stomach. Make sure to keep your arms as high up as possible and keep those thumbs up as well.

SHOULDER WARM UPS

Warm Up #1	Warm Up #2
Traffic Lights 2 x 10 Band Pull Apart 2 x 12 Scapular Push Ups 2 x 15	Stick Rotations 2 x 6-8 Wall Slides 2 x 10 Prone Shoulder Series 1 x 8
Warm Up #3	Warm Up #4
Traffic Lights 1 x 10 Stick Rotations 2 x 6-8 Y-Lift 2 x 10 (Thumbs Up) Prone Shoulder Series 1 x 8	Wall Slides 2 x 10 Y-Lift 2 x 10 (Palms Up) Y-Lift 2 x 10 (Thumbs Up) Band Pull Apart 2 x 10

BODYWEIGHT SHOULDERS

Can I train other muscle groups during this program?

This is a SPECIALIZATION training program. If you want big shoulders (or bigger arms, increased bench, or a higher vertical), then you have to focus on that ONE goal if you want optimal results. With that being said, for the next 3 weeks we are going to focus all of our efforts on shoulder hypertrophy. Don't make the mistake of trying to maintain volume on all different muscle groups during this program. You want all your resources (training, nutrition, recovery) to go toward the ultimate goal of increased shoulder size.

This program will consist of 4 training days. 3 of the 4 days we will train shoulders and the remaining day will be body management/maintenance (*This will be a full body workout that you can throw in on the day of your choice*). This will allow us to keep our other muscle groups active to avoid size or strength loss during this 3 week course.

Does my nutrition change during this program?

No, you will continue to follow your current diet (Bodyweight M.A.S.S. Diet). Best results come when in a caloric surplus.

BODYWEIGHT SHOULDERS

Monday: Shoulders [a]

Wednesday: Shoulders [b]

Friday: Shoulders [c]

Monday: Shoulders [d]

Thursday: Shoulders [e]

Saturday: Shoulders [f]

Tuesday: Shoulders [a]

Thursday: Shoulders [e]

Saturday: Shoulders [c]

BODYWEIGHT SHOULDER CALENDAR

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	Shoulders [a]	Maint.	Shoulders [b]		Shoulders [c]	
	Shoulders [d]	Maint.		Shoulders [e]		Shoulders [f]
	Maint.	Shoulders [a]		Shoulders [e]		Shoulders [c]

PLUS SETS

You're going to notice that, on some exercises, there is a (+) symbol to the right of the prescribed sets. This means that, once you've completed all of your working sets, you'll perform a final, Plus Set.

For example: Push-Ups

Sets: 2+

Reps: 10

Set 1 – 10 Reps

Set 2 – 10 Reps

Set 3 – AMRAP

The Plus Set should be performed for **as many reps as possible (AMRAP)**. You should aim to leave absolutely no more reps in the tank and take your body to complete muscular failure.

WEEK 1

SHOULDERS [A]

EXERCISE	SETS	REPS	REST	TEMPO
3 Point Pike	4+	6	30 Seconds	4:0:4:0
Elevated Inverted Row	4+	6	30 Seconds	2:0:2:0
Feet Elevated Push Up	4	8	45 Seconds	1:0:4:0
Scapular Shrug	4	8	45 Seconds	1:1:2:1

SHOULDERS [B]

EXERCISE	SETS	REPS	REST	TEMPO
3 Point Pike	4	12	45 Seconds	2:0:2:0
Inverted Row	4	8-10	45-60 Sec.	1:0:1:0
Feet Elevated Push Up	4	12	45 Seconds	1:0:2:0
Scapular Shrug	4	12	30 Seconds	1:0:2:0

SHOULDER [C]

EXERCISE	SETS	REPS	REST	TEMPO
Push Back	3+	15	60 Seconds	1:0:2:0
Rear Delt Raise	3+	15	60 Seconds	1:0:1:0
Elevated Pike	3	15	45 Seconds	1:0:1:0
Scapular Shrug	3	15	45 Seconds	1:0:1:0

*If you are unable to complete the exercise for the prescribed reps, use a rest-pause until you've achieved the target reps.

SHOULDERS [D]

EXERCISE	SETS	REPS	REST	TEMPO
3 Point Pike	5+	6	30 Seconds	4:0:4:0
Elevated Inverted Row	5+	6	30 Seconds	2:0:2:0
Feet Elevated Push Up	5	8	45 Seconds	1:0:4:0
Scapular Shrug	5	8-10	45 Seconds	1:1:4:1

SHOULDERS [E]

EXERCISE	SETS	REPS	REST	TEMPO
3 Point Pike	5	12	45 Seconds	2:0:2:0
Inverted Row	5	10	45-60 Sec.	1:0:1:0
Feet Elevated Push Up	5	12	45 Seconds	1:0:2:0
Scapular Shrug	5	12-15	45 Seconds	1:0:2:0

SHOULDERS [F]

EXERCISE	SETS	REPS	REST	TEMPO
Push Back	4+	15	60 Seconds	1:0:2:0
Rear Delt Raise	4+	15	60 Seconds	1:0:1:0
Elevated Pike	4	15	45 Seconds	1:0:1:0
Scapular Shrug	4	15-20	45 Seconds	1:0:1:0

*If you are unable to complete the exercise for the prescribed reps, use a rest-pause until you've achieved the target reps.

MAINTENANCE

EXERCISE	SETS	REPS	REST	TEMPO
<u>Bulgarian Split Squat</u>	4	10each	45 Seconds	1:0:1:0
<u>Single Leg Elevated Hip Thrust</u>	4	15-20	60 Seconds	1:0:1:0
<u>Feet Elevated Inverted Row</u>	4	15-20	45 Seconds	1:0:1:0
<u>3 Point Push Up</u>	4	8	60 Seconds	2:0:1:0
Elevated Calf Raise	4	20	45 Seconds	1:0:1:0
<u>Seated Knee Ups</u>	4	20	45 Seconds	1:0:1:0

ABOUT THE AUTHOR



Alain Gonzalez is a personal trainer, freelance writer and fitness consultant who has dedicated his life to helping others meet their fitness goals.

His transformation has been featured in articles on websites all over the internet and has given hope to countless hardgainers all over the world.

He is the founder of <http://www.MuscleMonsters.com>, a fitness site dedicated to helping skinny guys and gals to build muscle and stay lean, and is the author of "[Bony to Brawny](#)" – The skinny guy's secret to explosive muscle gains revealed.

Take care,

Alain Gonzalez

Author, Bony to Brawny

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