

Exercises for the Shoulders (Deltoids)

Barbell Incline Shoulder Raise

Major Muscle Group: Deltoids

Lie horizontal on an incline bench. Lift barbell from rack with a shoulder-width overhand grip. Position barbell over the upper chest with elbows extended. Raise your shoulders toward the bar as high as possible. Lower shoulders to bench and repeat

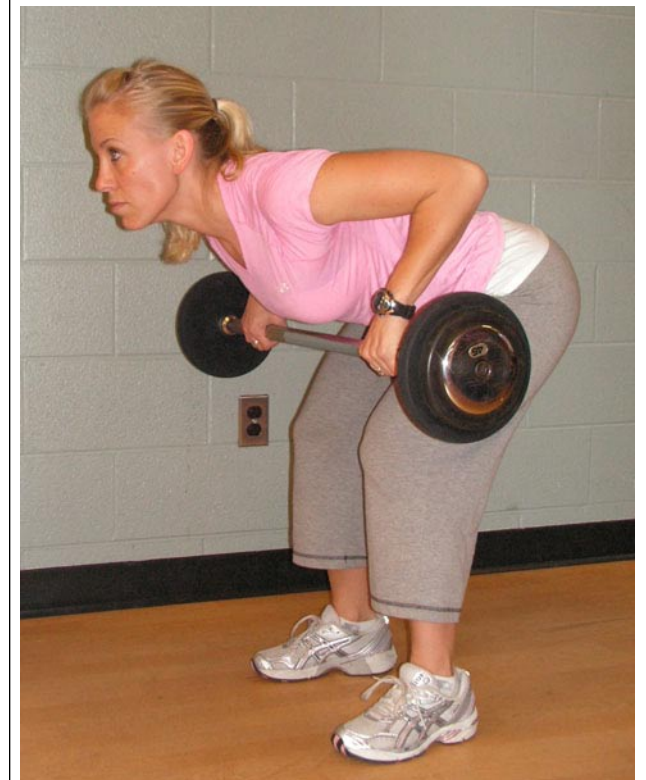


Barbell Rear Delt Row

Major Muscle Group: Deltoids

Other Muscle Worked: Biceps, Lats

Bend knees slightly and bend over bar while keeping your back straight. Grasp the bar with a wide overhand grip. Keeping upper arm perpendicular to torso, pull barbell up toward neck until upper arms are just beyond parallel to floor. Return and repeat.



Bent-Over Dumbbell Rear Delt Raise

Major Muscle Group: Deltoids

Bend over with your back as close to parallel with the floor. Hold dumbbells with your arms straight down and your elbows locked. Raise the dumbbells out to shoulder height, even with your ears. Do NOT swing the dumbbells up.

**Dumbbell Side Lateral Raises**

Major Muscle Group: Deltoids — Medial (side) deltoids

Other Muscles Worked: Front deltoids, Forearms

Stand with your feet shoulder-width apart. Hold the dumbbells just in front of your body, with the palms of your hands facing each other. Keep a slight bend in your elbows. Raise the dumbbells out to the sides and upward in a semicircular arc until they are just above shoulder level. Lower the dumbbells back to the starting position. Repeat.



Bent-Over Low-Pulley Side Lateral

Major Muscle Group: Deltoids

Other Muscles Worked: Traps

Hold the handle with your left hand. Bend until back is nearly parallel to the floor. Your legs should be slightly bent, with your right hand on your lower right thigh. Raise your left arm, elbow locked, until parallel to the floor, in line with your left ear. Lower back to the starting position. Repeat.

