

# Shoulder Exercises

BY

**KARMIC INSTITUTE**

Courtesy

**Paradise Nutrition Inc.**

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### Upper Limb Training:

#### Shoulder Exercises

#### Shoulder Press - Deltoid Exercise for wide round Herculean shoulder muscles



**Seated Shoulder Press** Exercise is the best shoulder muscle mass builder.

Shoulder Press remains the grand-daddy of all shoulder Exercises to build big, round shoulder muscles.

**Purpose:-** To Build Muscle Mass in the shoulders { emphasizes on front and side deltoids }

Seated shoulder press has been the favourite deltoid exercise with bodybuilders as it builds muscle fast and is a power move.

**Execution Technique:-** You can use either a Machine or Free weights to perform Shoulder Press. Free Weights are undoubtedly the best way. But in case you have an injury problem prefer the machine press

**Grips:-** Hands are positioned shoulder width apart.

**Steps:-**

1. Sit on an exercise bench and grab a bar with overhand grip.

2. Now press the weight above the head.
3. Now lower the bar under controlled motion until it reaches back to starting position.

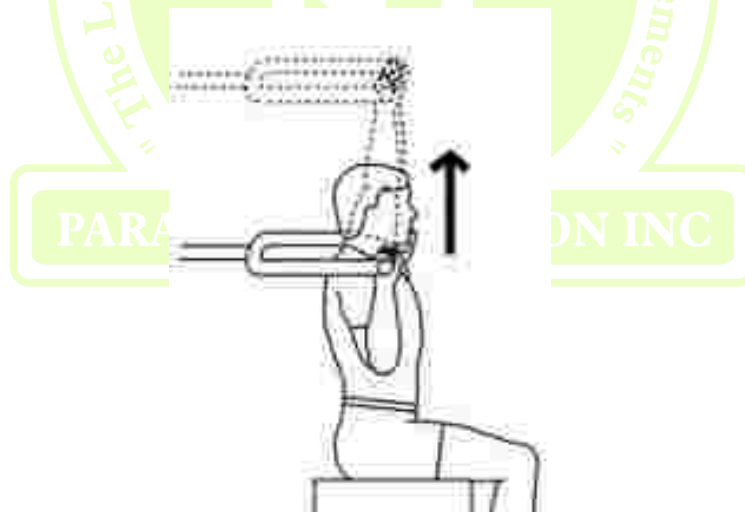
### Points to remember

Remember exert while you exert.

Perform a warm up with 50% weight for 1-2 sets.

Always perform the Shoulder Exercises **before** you perform triceps. This sequence is very important because if you do triceps before shoulders, the triceps will fail before deltoids and you cannot lift heavier in shoulder press thus not stimulating delts enough.

### Machine Presses - Shoulder Machine Press exercise



**Shoulder Machine Presses** is an excellent exercise to build front and side deltoid muscles. Check the correct execution technique and blast your delts now. Shoulder Machine Presses has two advantages over free weight presses.

1. It demands a very strict movement as the bar is fixed to the rack
2. It allows the weights to go much lower providing a good stretch to front deltoid muscles.

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**Execution:-** Shoulder Press Exercise is done on a Shoulder Machine Press Machine.

### Steps:-

1. Grasp the bar on the shoulder machine at shoulder levels.
2. Now press the bar overhead until your arms are nearly locked out.
3. Lower the bar back to the starting position under controlled motion.

### Points to Remember

- Exhale while you exert
- Keep motion controlled.

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**Lateral Raises - Build Side deltoids and break all doors with these tips**



**Lateral Raises** is the best exercise to build side deltoids. Check out how to perform side deltoid raises and blast your shoulders with these muscle building tips.

**Purpose:-** To Build middle { outside } head of deltoid muscle.

Make Lateral Raises a regular part of your shoulder workout. Its a must do exercise.

**Execution Technique:-** This exercise is performed using a pair of dumbbells.

**Steps:-**

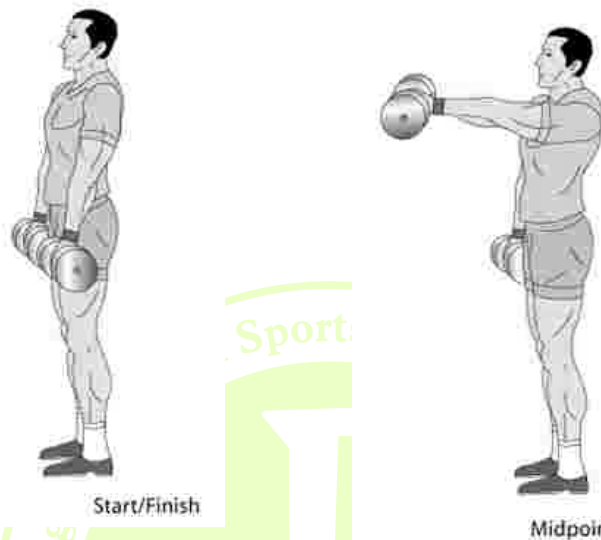
1. Hold a dumbbell in each hand and bring the weights together in front of you. The palms should be facing each other.
2. Now bend your elbows and raise the dumbbells to your sides.
3. Lift them to a point slightly higher than your shoulders.
4. Now lower the dumbbells in a controlled manner back to the starting position.

**Points to remember**

- Remember to exhale while you exert.
- Form is a very important part of this exercise.. Don't just swing your arms. Keep controlled motion throughout the exercise.
- Perform a warm up with 50% weight for 1-2 sets.
- Always use weights which you can comfortably handle. This is not a power exercise. Also heavier weights have a greater chance of injuring your rotator cuff muscles.

Always perform the Shoulder Exercises **before** you perform triceps. This sequence is very important because if you do triceps before shoulders, the triceps will fail early and you cannot lift heavier in shoulder press thus not stimulating delts enough.

### Front Dumbbell Raises Exercise to Build front deltoid muscle



**Front Dumbbell Raises** are an excellent exercise to isolate front deltoid Muscle.

**Purpose:-** To Build Muscle Mass in the front head of deltoids.

A high range exercise works exceptionally well for the front head of Deltoids.

**Execution Technique:-** Front Dumbbell Raises exercise can be done standing as well as seated with a pair of dumbbells. Seated version calls for strict form and prevents cheating.

This exercise is done in an alternating movement.

**Steps:-**

1. Stand straight with a dumbbell in each hand. Let the dumbbells hang in front of you with back of your hands facing forwards.
2. Raise one dumbbell {say right } in front of you till it reaches just above shoulder level.
3. Now lower the weight {right} while raising the left in front of you.
4. Perform this exercise in this alternating manner.

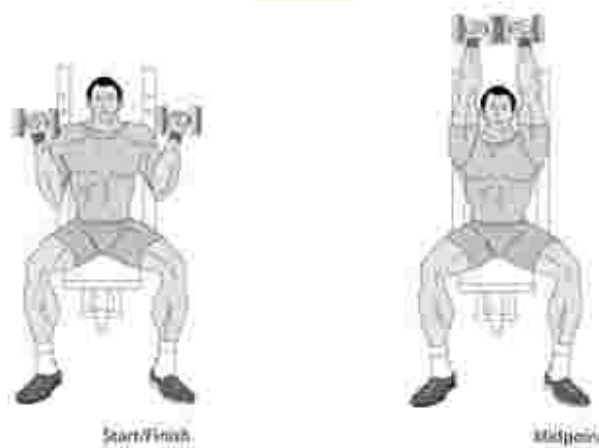
**Variation** - This exercise can also be done both arms at a time called Double Dumbbell front raises.

Another variation is the overhead front raise wherein the arm is raised in front but overhead above the shoulder level as much as possible.

### Points to remember

- Remember exhale while you exert.
- Keep a controlled motion and avoid jerky movements
- Concentrate on training the front delts and raise dumbbells in front of you and do not raise outside the body.
- Try to avoid trapezius action as much as possible.
- Avoid arching of the lower back.

### Dumbbell Shoulder Press - Build Bigger Shoulder Muscles



**Dumbbell Shoulder Press** is an Excellent Exercise to build front and side deltoid muscles.

## EXERCISE TIPS BY KARMIC INSTITUTE

Dumbbell Shoulder Press is an excellent variation to Barbell Shoulder Press. And added to the fact that dumbbells allow a full range of motion, dumbbell press is a very significant exercise to build front and side deltoid muscles.

**Purpose:-** To Build Muscle Mass in front and side of deltoids.

Dumbbell Press is an excellent exercise. Whenever you want to add more sets to Shoulder exercises, do it with this exercise.

**Execution Technique:-** This exercise is performed seated on a bench with a dumbbell in each hand.

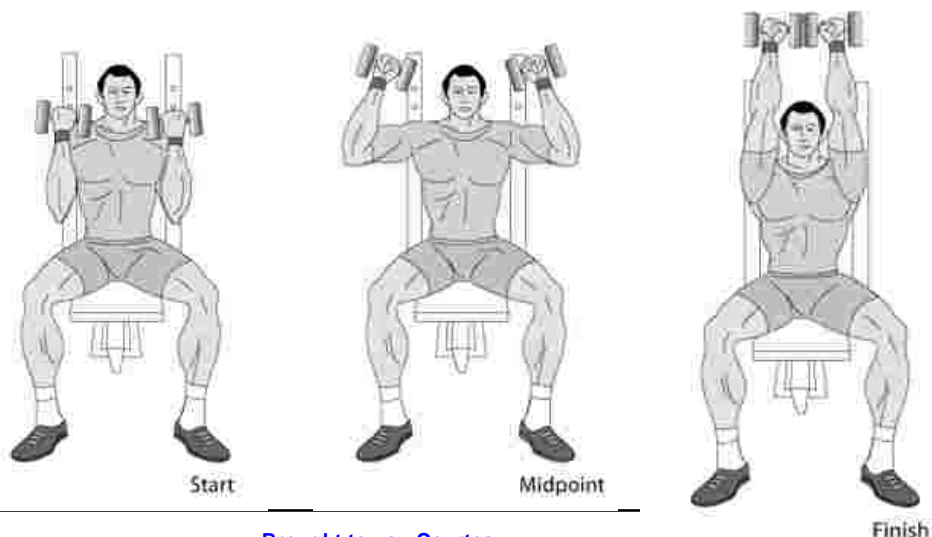
**Steps:-**

1. Sit at the end of a flat bench holding a dumbbell in each hand with palms facing forward.
2. Lift the dumbbells overhead until they nearly touch at the top and then lower them as low as possible.
3. Feel a good stretch at the bottom and then continue with the next rep.

**Points to remember**

- Go as heavy as possible.

### Arnold Dumbbell Press Exercise to Build Shoulder Muscles



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**Arnold Shoulder Press** is an excellent Shoulder Muscle Building exercise.

When it comes to the best exercise with the best range of motion for Shoulder muscles, Arnold press stands out from the crowd. It gives a wide range of motion as you lower the dumbbells well down in front giving that maximum stretch other shoulder exercises lack.

**Purpose:-** To Build Muscle Mass in the front and side heads of the deltoids.

Arnold is an excellent alternative to Shoulder Dumbbell press and can be used to spice up your workouts. I perform Arnold press and shoulder dumbbell presses on alternate weeks for variety in my workouts.

**Execution Technique:-** This exercise is performed standing with a pair of heavy dumbbells.

**Steps:-**

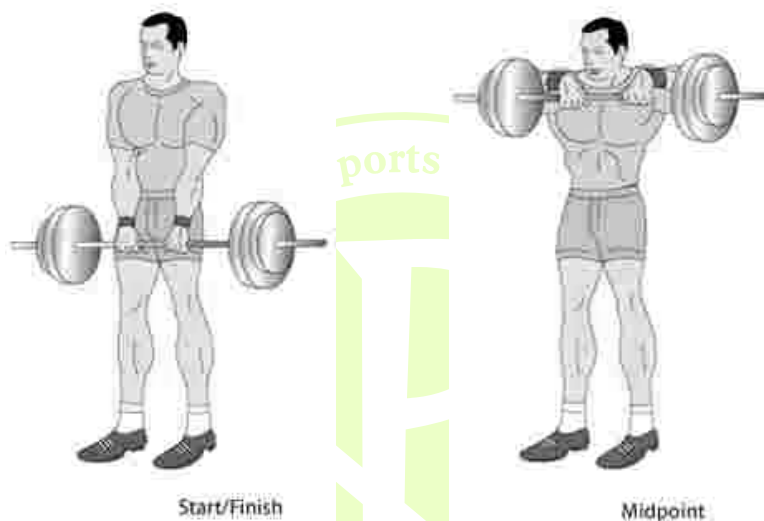
1. Stand straight holding a dumbbell in each hand. Raise the dumbbells to shoulder position with palms facing you.
2. Now press the dumbbells overhead just like dumbbell presses but twisting them so that palms face forwards at the top of the movement.
3. Now lower the dumbbells in a reverse movement.

**Points to remember**

- Remember exhale while you exert.
- Keep a controlled motion and avoid jerky movements
- Keep a strict form.

Do not lock your arms overhead.

### Upright Rows to Build Traps and Deltoids



**Heavy Upright Rows** is an excellent exercise to Build huge Trapezius muscles and create that delto-pectoral separation bodybuilders crave for. Check the Barbell and Cable Upright Rows.

**Purpose:-** To Build Muscle Mass in Trapezius Muscles.

Heavy Upright Rows along with Shrugs build massive traps.

**Execution Technique:-** You can use either a Smith Machine, Free weights or Cable to perform Upright Rows.

**Grips:-** Upright Rows can be done with both narrow grips and wider ones. The narrow grip focuses on Trapezius and wider focuses on entire shoulder girdle. Also the wider grip allows some cheating movement thereby allowing you to lift more weight.

**Steps:-**

1. Hold a bar with a narrow overhand grip and let it hang in front of you.

2. Lift the bar and get it as close as possible to the chin using your arms and elevating your shoulders to squeeze your trapezius muscles.
3. Now lower the bar under controlled motion until it comes back to starting position.

### Points to remember

- Remember exhale while you exert.
- Keep a controlled motion and avoid jerky movements
- Keep your back straight.

### Cable Upright Rows

Cable Upright Rows are an excellent variation wherein you use a cable instead of Barbell. The stricter form and constant resistance makes this exercise more effective.

### Bent Over Lateral Raises to develop rear deltoid Muscles



**Bent Over Laterals** are an excellent exercise to isolate and work specifically on rear deltoid muscles.

For a complete Shoulder Muscle development bent over lateral raises are a must do. Thus exercise hit specifically the rear deltoid head, isolating it better than any other shoulder exercise.

**Execution:-** This exercise can be performed both standing and seated. I prefer the seated version as it calls for strict movement.

**Steps:-**

1. Sit at the end of a bench with a pair of dumbbells.
2. Bend forward and let the dumbbells hang on your sides.
3. Lift the dumbbells raising them on your sides to a level slightly than your shoulders.
4. Now lower the dumbbells back to your sides.

**Points to Remember**

- Your arms should be parallel to your shoulders. Do not lift backwards or forwards.
- Keep form strict to isolate the rear delts.

