

# Exercise Guide for a Glorious Look!

## Which Ones are Your Favourite Exercises?

### Deltoid Muscle

From the back



From the front



Anterior Deltoid = Front Head of the Deltoid (anterior fibres)

Lateral Deltoid = Middle Head of the Deltoid (lateral fibres)

Posterior Deltoid = Rear Head of Deltoid (external fibres)

Here is an overview of the advantages and disadvantages of the different exercises. Some of them I just don't like and never do them, but you might feel differently, some of the not so preferred ones I do whenever my favourite station is occupied, or because I just need a change. But usually I will go back to the 'Winners' for the good reasons listed below.

Whenever you lift a weight some part of your body has to counteract the movement. For example: If you lift a shopping bag with your right hand you automatically will bend to the left and maybe lift your left arm a bit to balance it out.

You will always want to try to choose your exercise in a way that the weakest of the muscles which counteract the original movement is the biggest ones possible. It will exhaust less quickly and hence you can put all the effort into the muscle that you actually want to train. Additionally you can keep a good posture more easily what helps to avoid injuries.

#### Front Head

##### Seated Dumbbell Press: **Winner**

- **Weakest counteracting muscle:** None, fully supported by bench
- **Direction of force:** Inline with the body down to the bench
- **Comment:** Most of the shoulder machines use this approach

##### Cable Front Raise (Lift): **Winner**

- **Weakest counteracting muscle:** Buttocks, legs
- **Direction of force:** Inline with the body down to both feet

##### Dumbbell Front Raise (Lift)

- **Weakest counteracting muscle:** Lower back
- **Direction of force:** In front of the body
- **Comment:** Although the movement is very similar to the Cable front raise the size of the weights gets in the way for optimal posture.

##### Seated Barbell Press

- **Weakest counteracting muscle:** Lower back
- **Direction of force:** Inline with the body down to the bench
- **Drawback:** Although sitting on a bench the back support is missing (some people do it with back rest, but then the weight has to be very small)

##### Standing Barbell Press

- **Weakest counteracting muscle:** Lower back
- **Direction of force:** Inline with the body down to the ground
- **Comment:** Usually done with barbell as part of weightlifting training
- **Drawback:** It needs a lot of technique to do it properly without risking injuries.

## Middle Head

### Cable Side Lift - one arm: **Winner**

- **Weakest counteracting muscle:** **Buttocks, legs**
- **Direction of force:** Inline with the body down to the opposite foot

### Dumbbell Side Lift - two arm: **Winner**

- **Weakest counteracting muscle:** **Buttocks, legs**
- **Direction of force:** Inline with the body down to both feet

### Cable Side Lift - two arm, inline

- **Weakest counteracting muscle:** Buttocks, legs
- **Direction of force:** better than one arm as both feet are used for balance
- **Comment:** Cables running very close to the body
- **Drawback:** Cable scratches along the body, cable poles have to be wide enough apart to fit inbetween.

### Cable Side Lift - two arm, bow

- **Weakest counteracting muscle:** Lower back
- **Direction of force:** In front of the body
- **Comment:** Slightly stepping back and bending a tad forward
- **Drawback:** Involvement of smaller muscle

## Back Head

### Cable Reverse (back) Fly, upright: **Winner**

- **Weakest counteracting muscle:** **Buttocks, legs**
- **Direction of force:** Inline with the body down to both feet

### Dumbbell Reverse (back) Fly, seated: **Worthwhile Trying**

- **Weakest counteracting muscle:** **Back + tummy**
- **Direction of force:** In front of the body
- **Comment:** **Could be a winner** as the upper body is lying bent on top of the legs and hence is fully supported. However this posture restricts the breathing a bit, what makes it second best to the '[cable reverse fly, upright](#)'.
- **Drawback:** Restricted breathing

### Cable Reverse (back) Fly, standing bent

- **Weakest counteracting muscle:** Lower back
- **Direction of force:** In front of the body
- **Comment:** Better than 'Dumbbell reverse fly, standing bent'
- **Drawback:** Involvement of smaller muscle.

### Cable Reverse (back) Fly, upright - one arm

- **Weakest counteracting muscle:** waist
- **Direction of force:** Inline with the body down to the opposite foot
- **Drawback:** It's hard to keep the posture. As the movement goes back and forth there is easily a twist in the waist applied.

### Dumbbell Reverse (back) Fly, standing bent: Not as good as cable

- **Weakest counteracting muscle:** Lower back
- **Direction of force:** In front of the body
- **Comment:** Not as good as 'Cable Reverse Fly, standing bent'. An option if no cable or bench available.
- **Drawback:** Involvement of smaller muscle. Additionally the dumbbells need more balancing than the cables.

## Numbers, Numbers, and a few things more!

It's time to get started now. So here is the number of sets and repetitions and whatever else you need to know.

<b>Muscle size:</b>	Shoulders are <i>small muscles</i> hence they need <i>higher</i> number of repetitions.
<b>Number of exercises:</b>	3 one exercise per muscle head
<b>Importance:</b>	high front head high middle head high rear head If you are short of time and want to skip some sets then consider what else you are doing within the next couple of days. If you have planned for a <i>chest</i> session then shorten the <i>front head</i> exercise. If you have planned for a <i>back</i> session then shorten the rear head exercise and preferably do back exercises with a wide grip. Try not to skip middle head exercises.
<b>Order:</b>	Work from front to back
<b>Number of sets:</b>	<b>Beginners</b> 10 1 warmup using front head 3 front head 3 middle head 3 back head <b>Advanced</b> 13 1 warmup using front head 4 front head 4 middle head 4 back head
<b>Number of repetitions:</b>	15 <b>for warmup</b> using front head. Should feel easy, something like 70% of what you actually can do. 9 - 12 <b>in every other set.</b> The last repetition in every set should feel like you couldn't possibly lift the weight one more time. After every set review your performance and adjust the weight accordingly. If you could do 12 stay with the same weight - you surely can do 9 in the next set. If you did 9 then reduce weight. This applies for beginners as well as advanced. And these numbers apply for each of the three exercises.
<b>Duration:</b>	15 - 20 min
<b>Breathing:</b>	weight <b>up</b> breath <b>out</b> through mouth weight <b>down</b> breath <b>in</b> through nose
<b>Progress:</b>	15 is absolute cut off. When you got as strong as 15 reps in a standard set then raise the weight for the next set of this exercise. Make a note in your diary to start with a higher weight the next time you do shoulders.
<b>Train together with:</b>	Tummy, Legs
<b>DON'T train with:</b>	Chest, Back, Arms