

This Free E-Book is brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Exercise The Right Way – The Machine Shoulder Press

By Rick Mitchell

Exercise The Right Way – The Machine Shoulder Press by Rick Mitchell

In this article we'll take a close look at the machine shoulder press.

MUSCLES TARGETED: anterior deltoid, medial deltoid

STARTING POSITION

UPWARD MOVEMENT

DOWNWARD MOVEMENT

Bodybuilding Advice

to learn

more about the issues covered in this article.

Shoulder Exercises For Beginning Bodybuilders

By Rick Mitchell

Shoulder Exercises For Beginning Bodybuilders by Rick Mitchell

The deltoid covers the shoulder and consists of three distinct segments:

1. The anterior or front deltoid allows you to raise your arm to the front.
2. The medial or middle deltoid allows you to raise your arm to the side.

Exercise The Right Way – The Machine Shoulder Press

2. Front lateral raise – 3 sets of 10–15 reps. This exercise emphasises the front delt.

3. Rear lateral flyes – 3 sets of 10–15 reps. This exercise targets the rear delt.

Day 1: Biceps, Back, Abs

Day 2: Hamstrings, Shoulders, Abs

Day 3: Quads, Forearms, Calves

Day 4: Triceps, Chest, Abs

Rick Mitchell is the creator of the bodybuildingadvisor.com website that provides guidance and

information to athletes at all levels of bodybuilding experience. Go to

Bodybuilding Advice

to learn

more about the issues covered in this article.



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!