

Exercise the right way – barbell shrugs

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**Exercise the right way – barbell shrugs**

**By Rick Mitchell**

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In this article we'll take a close look at Barbell Shrugs.

MUSCLES TARGETED: trapezius (upper), rhomboids

STARTING POSITION

EXERCISE TECHNIQUE

Bodybuilding Exercises

to learn

more about the issues covered in this article.

**Increase Your Training Intensity – Pre-Exhaustion**

**By Rick Mitchell**

**Increase Your Training Intensity – Pre-Exhaustion by Rick Mitchell**

Examples of pre-exhaust routines commonly performed by bodybuilders are listed below:

Biceps – barbell curls and close-grip, palms-up pulldowns.

Triceps – pressdowns and dips.

Pectorals – flyes and bench presses.

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Lats – dumbbell pullovers and barbell rows.

Deltoids – dumbbell laterals and presses behind neck.

Traps – shrugs and upright rows.

Thighs – leg extensions and squats.

Bodybuilding Advice

to learn

more about the issues covered in this article.



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