

Target: Rear Delts. One simple movement and they'll be on fire!

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!

Target: Rear Delts. One simple movement and they'll be on fire!

By Nick Nilsson

Target: Rear Delts. One simple movement and they'll be on fire!

by: **Nick Nilsson**

The Bent-Over Lateral Raise is one of the most common exercises used for working the rear or posterior deltoids. For most trainers, it can be difficult to really feel the rear delts working during this movement as the larger, stronger muscles of the back have a tendency to take over.

To really get the most out of this exercise, you need to remove the back muscles from the equation. This can be easily accomplished with a simple technique.

How to Do It:

First, get yourself into position for the Bent-Over Lateral Raise. This can either be standing, seated or with your chest on an incline bench. The same technique applies to all variations.

Your arms should be hanging straight down in the start position.

Now, drop your shoulders down towards the ground without moving your torso. You will be keeping them down throughout the exercise. This forces the back muscles into a stretched position, thereby reducing their involvement in the exercise.

Once your shoulders are dropped, start the movement by doing a reverse wrist curl with the dumbbells. This means simply bending your wrists back and up and holding them there.

Now squeeze the weights up to the top position of the lateral so that they are in line with your head at the top and squeeze hard at the top.

Here is an excellent tip for the way up: as you raise the dumbbells, imagine as though you are trying to wrap the backs of your arms around a tree. You've often heard that you should try to wrap your arms around a tree for dumbbell flies, now apply it to this movement.

Target: Rear Delts. One simple movement and they'll be on fire!

Also, try to force your hands into as wide of an arc as possible and keep the dumbbells as far away from your body as possible. This technique will help you to keep your shoulders down as you lift the weights.

What all these tips accomplish is to reduce the ability of the stronger back muscles to contract during the exercise, forcing the rear delt muscles to "shoulder" the burden of the exercise.

The keys to remember are: Shoulders down throughout the movement. Do a reverse wrist curl at the start. Wrap your arms around a tree on the way up. Raise the dumbbells up in line with your head.

Incorporating these tips into the bent-over lateral movement will target your rear delts like a laser beam!

For pictures on how to execute this technique go the following URL:

Nick Nilsson is Vice President of BetterU, Inc., an online exercise, fitness, and personal training company. Check out his latest eBook "The Best Exercises You've Never Heard Of" at

or visit

. You can contact him at

or subscribe to BetterU News, his fitness newsletter at

.

Shoulder Exercises For Beginning Bodybuilders

By Rick Mitchell

Shoulder Exercises For Beginning Bodybuilders by Rick Mitchell

The main shoulder muscles that concern bodybuilders are the deltoids and although they work closely with the arms and chest muscles, it is possible to isolate the delts in a training session. Unlike other body parts though, the shoulder is not designed for heavy lifting in all directions so beginners need to take care and use lighter weights than usual for shoulder-isolating exercises.

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.
3. The posterior or rear deltoid allows you to draw your arm backwards when it is perpendicular to the

Target: Rear Delts. One simple movement and they'll be on fire!

torso.

The front delt usually receives plenty of work with chest exercises such as the bench press and pushup, so you'll need to use common sense and listen to your body when performing exercises that specifically target this muscle. The recommended shoulder exercises for beginners are as follows:

1. Seated dumbbell press – 3 sets of 10–15 reps. This exercise places the emphasis on the medial head.
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.

As with all exercises you need to take care in scheduling specific body parts. To begin with you should incorporate your shoulder exercises into a program similar to the one suggested below:

Day 1: Biceps, Back, Abs

Day 2: Hamstrings, Shoulders, Abs

Day 3: Quads, Forearms, Calves

Day 4: Triceps, Chest, Abs

For the first couple of weeks complete one set but then add one set each week to a maximum of three. At the end of three months you will be ready to move on to more intensive intermediate level exercises.

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

to learn

more about the issues covered in this article.

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares

Target: Rear Delts. One simple movement and they'll be on fire!



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!