

angles. This helps your overall development because, in some other programs, your Back Presses are too wide to develop those necessary levels of shoulder strength.

Therefore, right from the beginning, I discovered that your Back Presses were like the Clean and Press. There's a weight there, and Back Presses are similar to Doublet Lat Pulldowns. This kind of program will build up the shoulder mass and strength you need to enable you to grow in advanced training. Why I prefer to start beginners out with the Clean and Press exercise rather than your Shoulder Presses is that the latter movement is lifting the barbell off the floor, bringing it up to shoulder height, and holding the arms in order to support it—results in some athletes unable to handle the deltoids, specifically the back, traps, and wings.

ADVANCED TRAINING

When you go to the level of advanced training, you must work on mass and strength. At this point, you have to work toward overall shoulder development—all three parts of the deltoids as well as the trapezius muscles. Therefore, in addition to exercises like Doublet Lat Pulldowns, designed specifically for the side deltoids, there is a barbell behind the Back Press for the front and side delts. Another specialty bar for the rear delts and traps is the traps barbell, for those who believe that the trapezius muscles are more associated with the back than the deltoids, just because by that time you have lifted your arms higher than the level of your head in an overhead Press movement. The traps come heavily into play, pulling the barbell up and in and allowing you to complete the full range of motion.

Toward the end of a number of exercises in this part of the program is further mass and thick for the deltoids, including exercises like Upright Rows for the front delts and the traps. Working Presses are used for front delts and allow you to lower the weight further than with a barbell. One-time Cable Lat Pulldown isolates the side deltoids, and there are Cable Lat Pulldowns for the rear deltoids.

THE COMPETITION PROGRAM

The function of the deltoids in any wrestler, including your arm to wrist is roughly a 90-degree angle—and this means that there are most of your chest and your rear deltoids in being out there full stage and development.

In this part you are not just the front deltoids are being worked from the front and a pushing, you are developing with your back and rear deltoids. Doublet Rows and Doublet Single Rows



New Encyclopedia Of Modern Bodybuilding

S Ben Porath



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