

# shoulder **BUSTER**

Shoulders that adorn a finely honed physique are more valuable than any precious stone. They cannot be bought, but must be earned through regular, intense resistance training. Shoulders have three heads that must be stimulated to accomplish this full development.

## 1. SMITH MACHINE SEATED SHOULDER PRESS TO THE FRONT

This emphasizes front and lateral head development while putting less stress on your lower back. Bench placement is important. Shoulder-width grip should produce right angles at the elbows when the bar is lowered to the upper chest, near the clavicle. Wrists should remain in alignment with forearms and knuckles to keep all the tension on the shoulders. Execute a set of ten. Increase the weight with each set without excessive arching of the lower back. This is a great machine to work on strength, especially if you don't have a training partner for a spot.

**STEP 1**



## 2. REAR DUMBBELL FLYS ON THE INCLINE BENCH

This is an exercise where the torso is supported and you can focus on your rear deltoids. This muscle is often underdeveloped because it is overlooked and undertrained. It is essential to maintain strength here for overall shoulder integrity and aesthetics. Arms should remain long, elbows soft, maintaining a depressed scapula (no shrugging). Focus on flexing your rear delts at the top of the movement. Perform ten reps.

**STEP 2**



## 3. LATERAL RAISES ON THE CROSS-OVER CABLE

These are difficult; start light to master the form. Place the pulley at the bottom. Grasp it behind your back and stand in the center of the machine with good posture. Raise the handle to shoulder height, with a soft elbow, while slightly dipping the thumb and raising the pinky. The hand angle is very effective if executed properly. Do a set of ten reps and switch sides. Flys are often executed improperly, but not by H&F readers. Train hard!

**STEP 3**

