

B O O K T H R E E

Body Part
Exercises

AS SUCCESSFUL AS I may have been in winning bodybuilding competitions, I would be the first to admit that nobody has a completely perfect physique. Certainly, when it came to body parts like the chest and biceps, I felt I could stand up to a direct comparison with anyone. But what bodybuilder could say with confidence that he would be willing to compare lats with Franco Columbu or legs with Tom Platz? It takes a great set of triceps to compare favorably with the huge arms of Jusup Wilkosz and a fantastic midsection to bear comparison with the washboard abdominals of Dennis Tinerino.

For this reason, and to make certain this book represented the absolute best in bodybuilding, I have selected a number of the top champions, known for their outstanding body part development, to help me illustrate the many different exercises in this section of the book. Pay particular attention to all the details in the photos, including head, torso, hand, and foot position to ensure maximal effectiveness and safety. After you start to get the hang of each movement, go back and check the photos again to guarantee that slight form deviations haven't crept in. By using strict exercise technique, you'll hasten muscular gains.

For the photos of myself used as illustrations, I have selected from my files and the photo library of Joe Weider a variety of pictures dating from my earliest competitions right up through the present. This range of photographs shows my physique at every stage of its mature development, creating a picture album of my personal history as well as technically correct bodybuilding illustrations.

The Shoulders

THE MUSCLES OF THE SHOULDERS

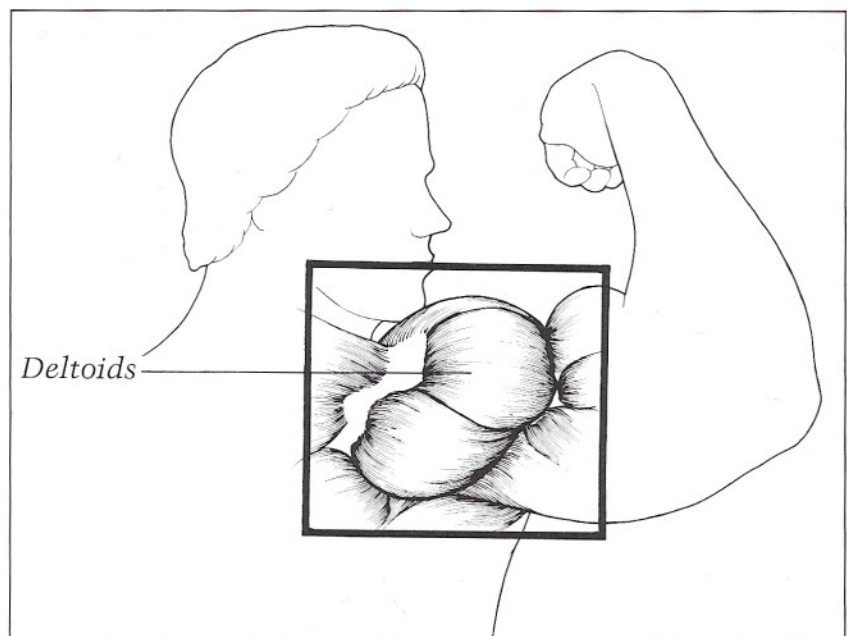
The **deltoid** is a large, three-headed, thick, triangular muscle which originates from the clavicle and the scapula at the rear of the shoulder and extends down to its insertion in the upper arm.



BASIC FUNCTION: To rotate and lift the arm. The anterior deltoid lifts the arm to the front; the medial deltoid lifts the arm to the side; the posterior deltoid lifts the arm to the rear.

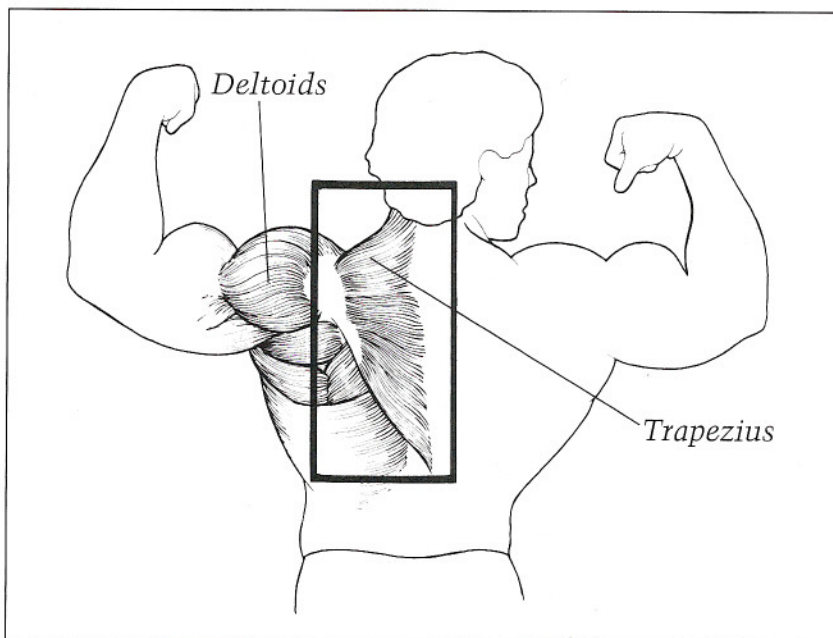
The **trapezius**, is the flat, triangular muscle that extends out and down from the neck and then down between the shoulder blades.

BASIC FUNCTION: To lift the entire shoulder girdle, draw the scapula up, down, and to either side, and help turn the head.

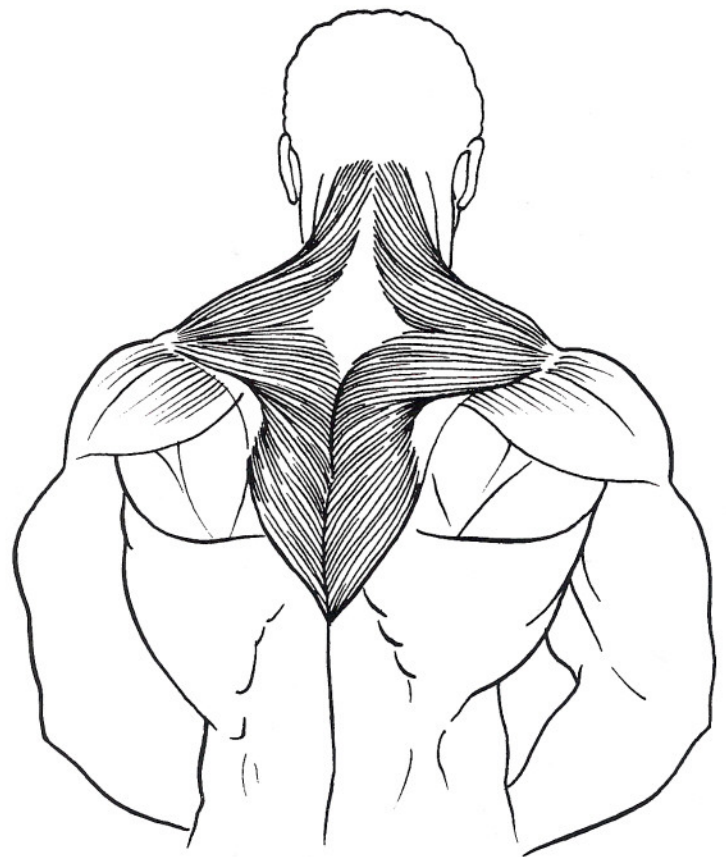
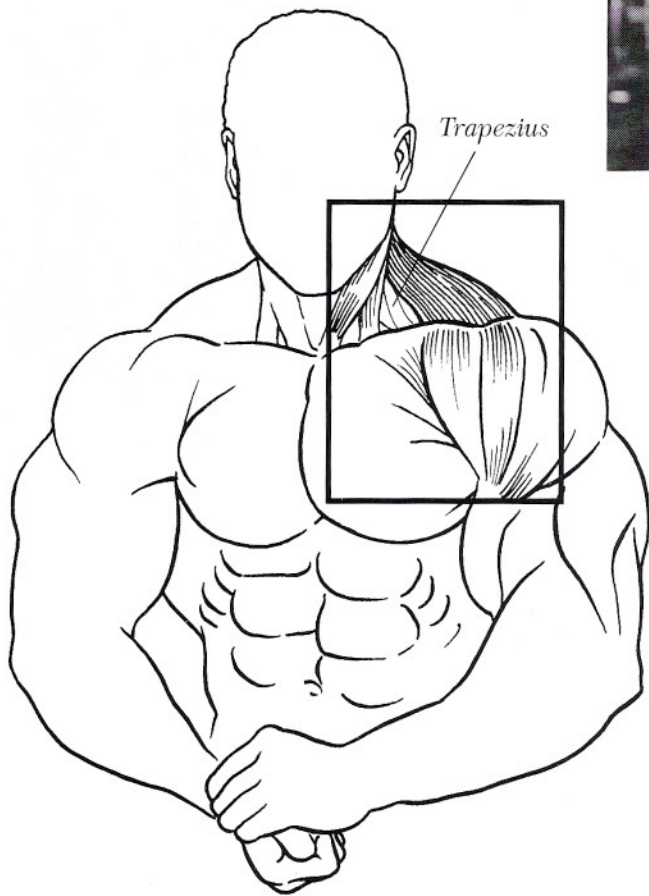
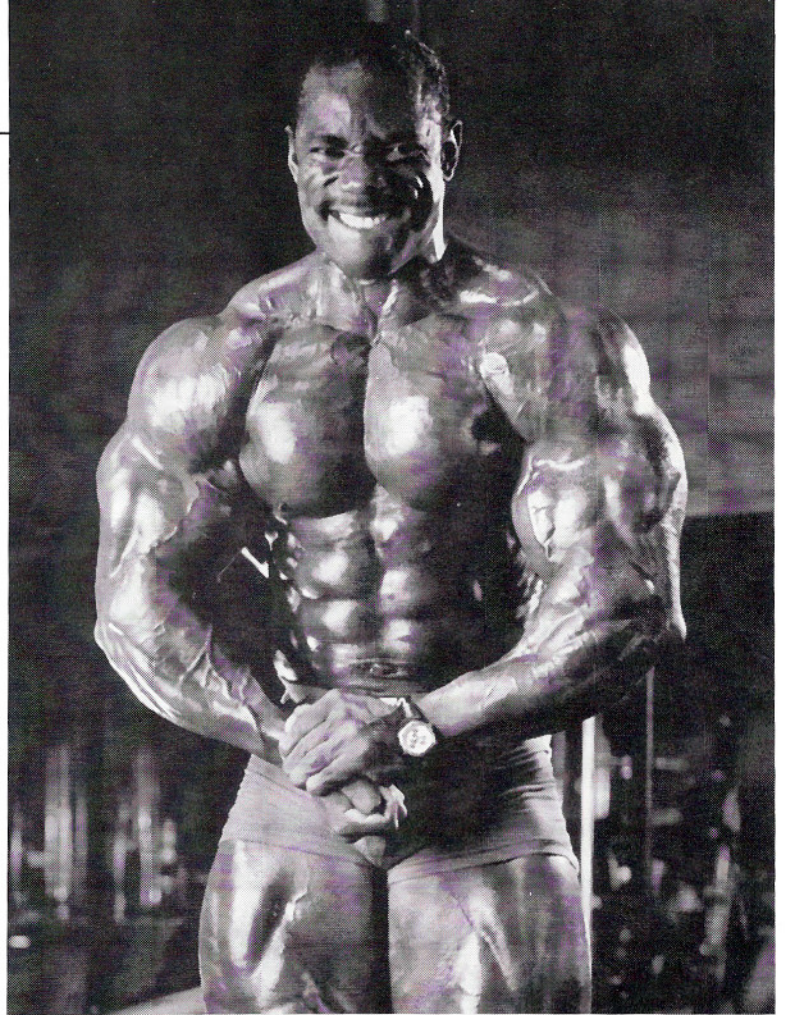


LOOKING AT THE SHOULDERS

In the 1940s men wore coats with huge, padded shoulders and pinched waists, giving them an exaggerated V shape (a style that seems to have come back into fashion recently). Coincidentally, that is the shape that bodybuilders work very hard to develop, and a significant part of this look is wide, fully developed shoulders.



Flex Wheeler



Steve Reeves was one of the first bodybuilders to develop the classic V shape. He was able to achieve this look because he had naturally wide shoulders and a small waist. Proportions like these help create the most aesthetic physiques in bodybuilding.

Shoulder width is, to a great extent, determined by skeletal structure. That is something you are born with. A bodybuilder like Reeves, with his very wide shoulder structure, has an enormous advantage, especially when he is standing relaxed. Don Howarth, Dave Draper, and Frank Zane, all champions who began training around the time I did, are other good examples of this wide, square-shouldered look. Kevin Levrone and Nasser El Sonbaty also possess wide shoulders.

There is another type of physique which is characterized not by narrowness through the shoulders, but by a “hanging” look. Reg Park was not narrow, but his traps and shoulders sloped downward. My own shoulders have this same sort of hanging look, so they look much narrower when I stand relaxed than when executing a pose like a lat spread, where the real width becomes apparent. Watch Paul Dillett onstage and you’ll see somewhat of the same structure.

The other factor involved in a wide-shouldered look is the development of the side deltoids. When these muscles are fully developed, you get a very impressive display when they are flexed. Sergio Oliva and Tom Platz, for example, have tremendous shoulder development, yet do not look particularly wide and square when they are standing relaxed onstage. The ideal look for the competition bodybuilder is to have both a square bone structure and great side deltoid development. Look at Dorian Yates’s shoulder development and you’ll understand how valuable a structure like this can be.

Incidentally, bodybuilders noted for fantastic deltoid development are usually also known for enormous shoulder strength—Behind-the-Neck Presses with 225 pounds and up; Front Presses with 315, as both Sergio and Franco used to do; Ken Waller, with his powerful front deltoids, did Dumbbell Presses with 140-pound dumbbells.

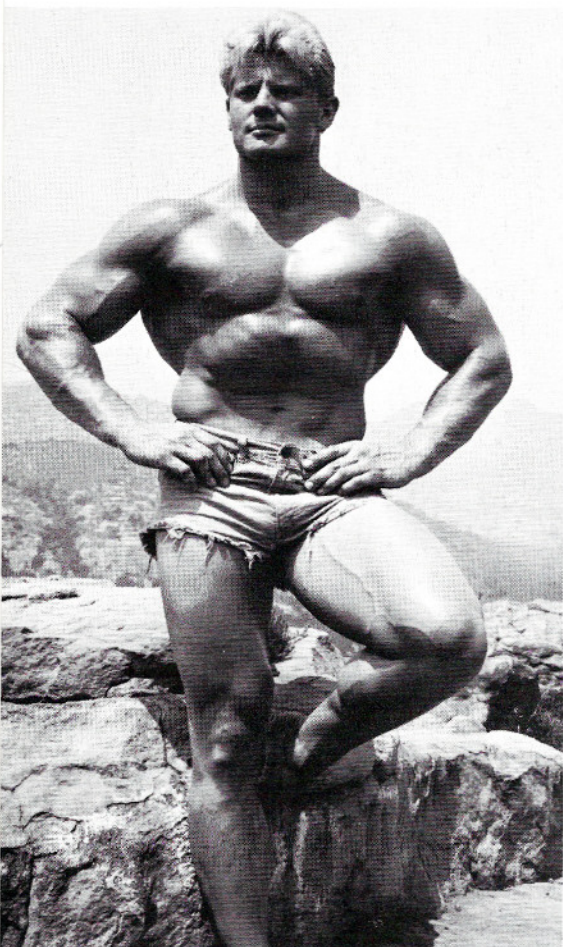
But width—and the development of the side head of the deltoid—is only one aspect of the total development of the deltoid muscles. Shoulders also need to be thick, to show development in the front and the rear, to tie in properly to the pectorals and the biceps as well as to the traps and the rest of the back.

The deltoids are extremely versatile. In order to move the arm forward, back, side-to-side, up and around, the deltoids have three distinct lobes of muscle called heads: the anterior (front) head, the medial (side) head, and the posterior (rear) head.

The deltoids play a prominent part in virtually every bodybuilding pose. They add to your width and size in a front double-biceps pose; to your muscularity in a most-muscular pose. The thickness and development of all three heads play an important part in poses seen from the side,



Steve Reeves



Dave Draper

Here is Lee Haney displaying a lat spread pose. His square shoulders combined with great deltoid development turn a simple pose into an awesome look.

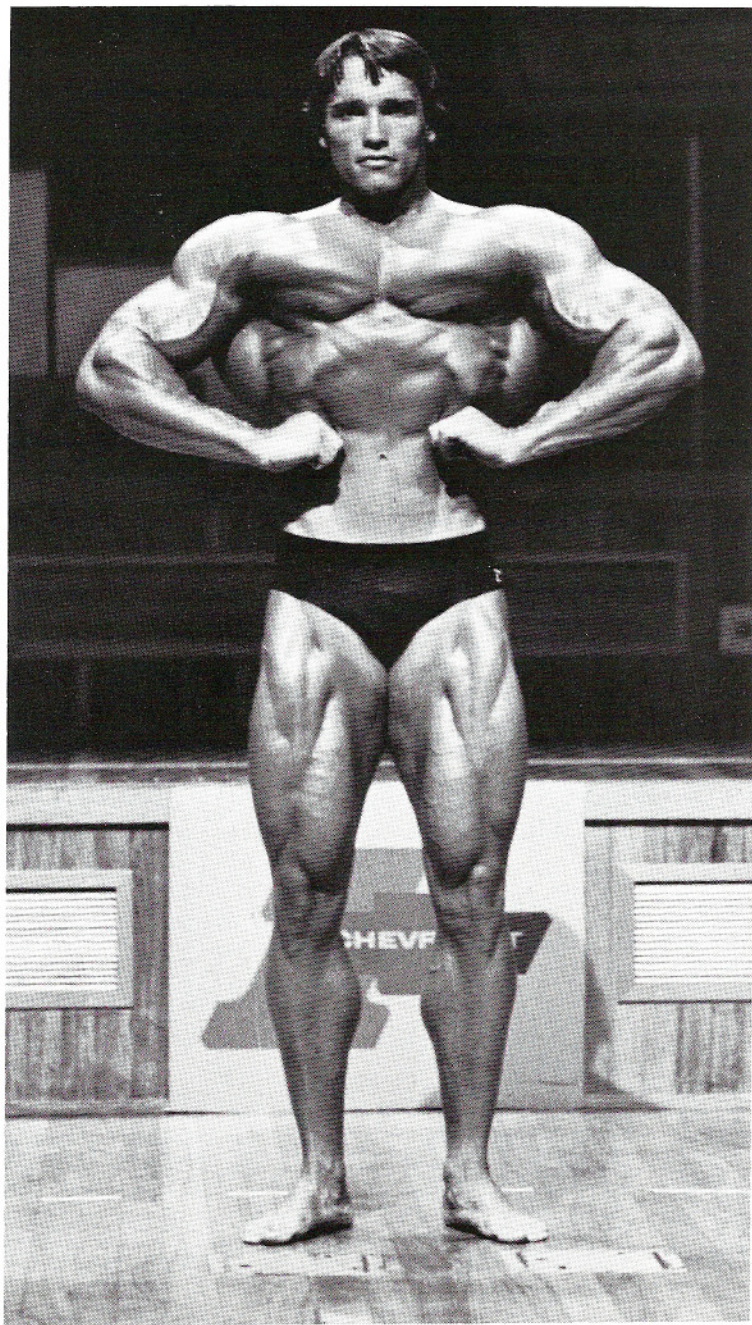
such as the side chest shot or a triceps pose. From the rear, the effect of a pose like the rear double-biceps is highly dependent on how much shape, separation, and definition you have achieved in the rear delts.

Your deltoid development should show definition and striations no matter what movement you make, while hitting all of the poses just cited as well as when you are moving in transition from one to another. There has to be an interconnection so that the three heads work together with all the adjacent muscles, thereby giving you a hard, muscular look.

But having complete deltoid development is also important while standing relaxed. From the front and from the back, good side deltoid development makes you look wider. In front, you should have complete separation of the delts and pectorals. For some people, this separation is natural; for others, it requires a lot of specialized weak point training. From the side, rear delt development gives you that “bump” in the back of the shoulders you see so clearly in great champions like Flex Wheeler or Dorian Yates, and both the rear delts and traps are extremely important when viewed from the back.



The square-shouldered look is also a matter of posing. When I was competing, standing relaxed, I had a hanging-shoulder look . . .



. . . but when I did a front lat spread, you can see how much wider my shoulders appeared.

Samir Bannout



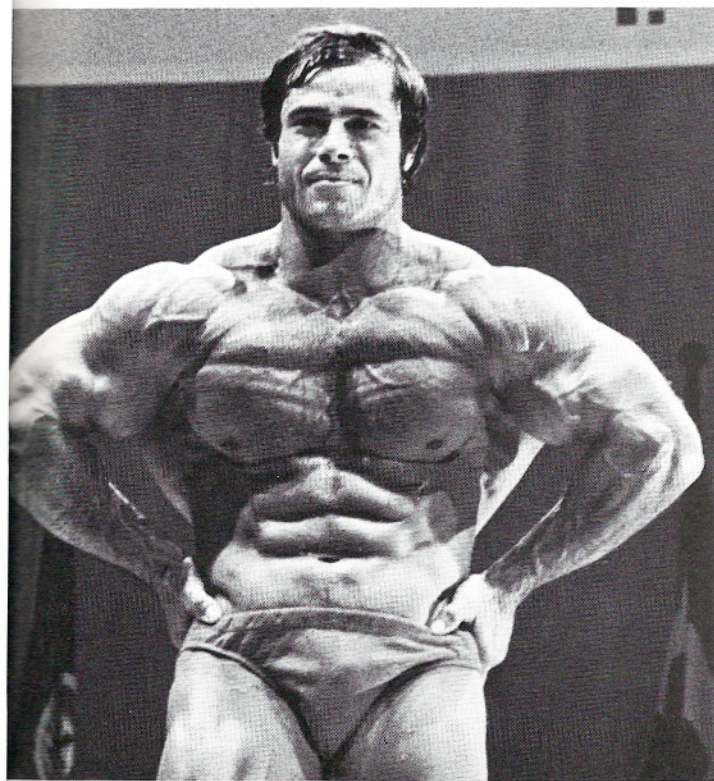
Shawn Ray

... me executing a biceps pose ...



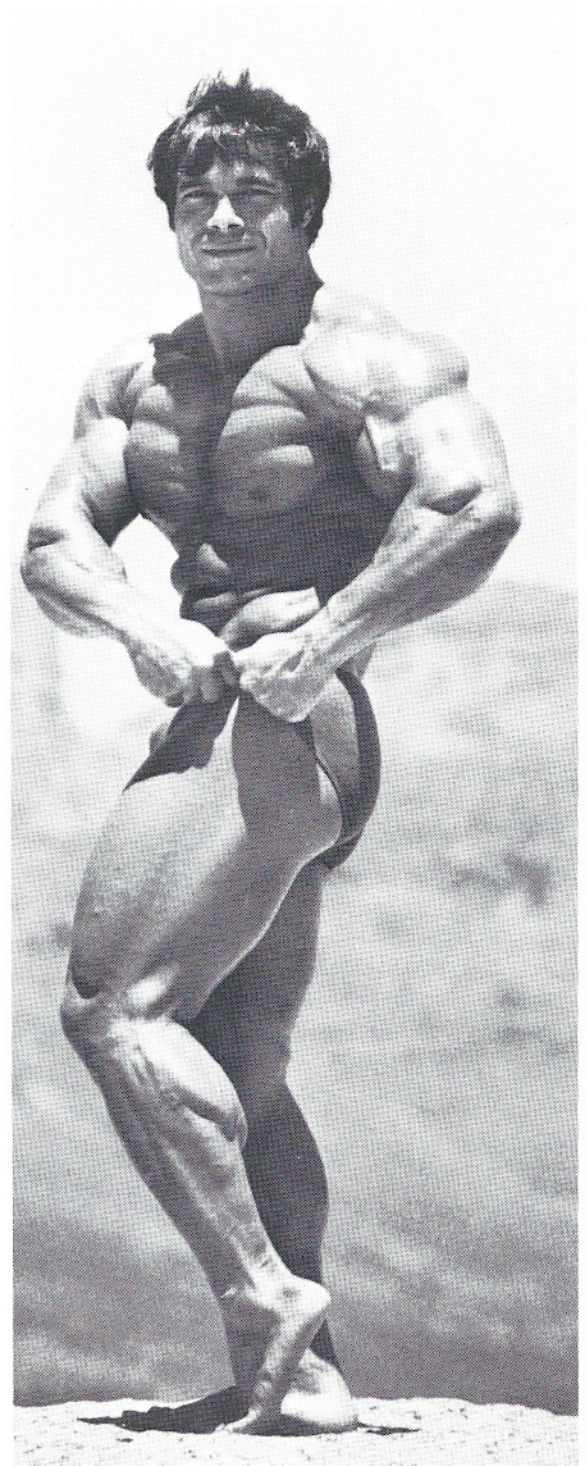
... a most-muscular pose by Franco Columbu ...

... and a fantastic back double-biceps pose by Ronnie Coleman.



Of course, shoulder width and deltoid development are actually two different things. Steve Reeves, for example, was not particularly thick and massive through the delts, in spite of his great width. Conversely, Larry Scott, who in the 1960s won the first Mr. Olympia competition, exhibited thick, muscular deltoids whose massive development offset his natural rather narrow proportions. Shawn Ray's shoulder width is not exceptional, but you don't notice because his deltoids are so thick and fully developed.

Many bodybuilders with comparatively narrow proportions have been saved by great deltoid development. My favorite example of this is Reg



Franco Columbu

Park. Reg worked very hard to compensate for relatively narrow skeletal proportions, and he ended up with enormous shoulder development. He was the first bodybuilder to bench-press 500 pounds, and this was possible only because of the size and strength of his front deltoids, which along with the chest and triceps work very hard in that lift.

One additional point worth making is that all of these champions trained very differently. Franco developed enormous front deltoids from all the pressing he did, so he had to add a lot of rear deltoid training to his workouts to achieve the correct balance. Larry Scott got his best results in shoulder training using the Stripping Method, starting with heavy weights and going lighter set after set to really burn the deltoids—90-pound dumbbells on down to 30-pound dumbbells. Dorian Yates spent a number of years doing a kind of high-intensity training that stressed relatively few sets but all kinds of intensity techniques like negatives, forced reps, forced negatives, and partial reps.

My point here is that no two individuals have bodies that are exactly alike or will end up training any body part exactly the same. There is not a bodybuilder alive who has never had to adjust his training to overcome weak points in order to create a well-proportioned and balanced physique.

TRAINING THE DELTOIDS

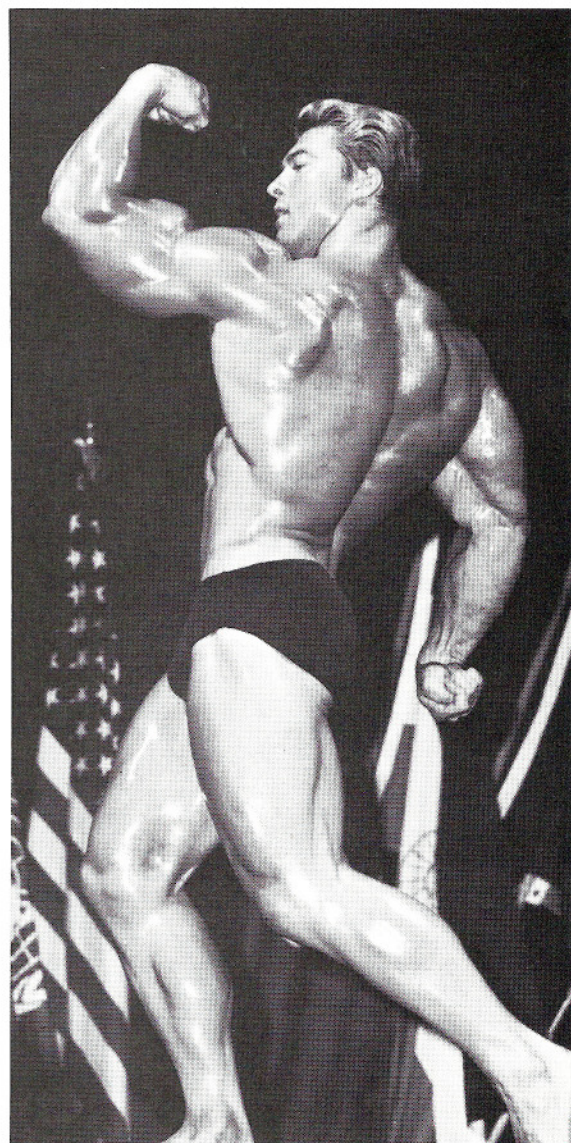
There are two basic kinds of exercises for the shoulders—Straight Arm Raises and Presses.

Raises involve lifting your extended arm upward in a wide arc, which better isolates the heads. You need to do Raises to the front, to the side, and to the rear. When you do Raises, you do not involve the triceps, but almost completely isolate the various heads of the deltoids. However, because you are isolating the deltoids, you cannot lift as much weight as with pressing movements, because you keep your arm virtually straight throughout.

In Shoulder Presses, you begin with your arms bent, the weight about shoulder height, and lift the barbell or dumbbells straight up over your head. Because you are straightening your arms as well as lifting upward, Presses involve both the deltoids and the triceps. You can vary the stress on your shoulders to a slight degree to direct it toward the different deltoid heads by doing different kinds of Presses—to the front or rear, using a barbell, dumbbells, or various machines.

BASIC TRAINING

I believe in doing a lot of power training to develop shoulders no matter how advanced you are. But power training is perhaps most valuable when you are beginning. The deltoids respond well to working with heavy



Larry Scott

weights. This helps your overall development because so many other power exercises—from Bench Presses to Deadlifts to Bent-Over Rows—require a lot of shoulder strength.

Therefore, right from the beginning I recommend that you do movements like the Clean and Press, Heavy Upright Rows, and Push Presses in addition to Dumbbell Laterals. This kind of program will build up the shoulder mass and strength you need to enable you to go on to Advanced Training. Why I prefer to start beginners out with the Clean and Press exercise rather than just Shoulder Presses is that the extra movement—lifting the barbell off the floor, bringing it up to shoulder height, and tucking the arms in underneath to support it—works so many additional muscles besides the deltoids, specifically the back, traps, and triceps.

ADVANCED TRAINING

When you get to the level of Advanced Training, you need more than just mass and strength. At this point, you have to work toward overall shoulder development—all three heads of the deltoids as well as the trapezius muscles. Therefore, in addition to exercises like Dumbbell Laterals, designed specifically for the side deltoids, I have included Behind-the-Neck Presses for the front and side delts, Bent-Over Laterals for the rear delts, and Shrugs for the traps. Incidentally, for those who believe that the trapezius muscles are more associated with the back than the shoulders, just remember that once you have lifted your arm higher than the level of your head in any Lateral or Press movement the traps come heavily into play, pulling the shoulder up and in and allowing you to complete the full range of motion.

You will also find a number of supersets in this part of the program, to further stress and shock the shoulders, including exercises like Upright Rows (for the front delts and the traps), Machine Presses (to work the front delts and allow you to lower the weight farther than with a barbell), One-Arm Cable Laterals (which isolate the side deltoids), and Bent-Over Cable Laterals (for the rear deltoids).

THE COMPETITION PROGRAM

The function of the deltoids is very complex, enabling your arm to move in virtually a 360-degree circle—and this means that there are many angles at which you can train your shoulders to bring out their full shape and development.

In this pose you can see how the front deltoids are clearly separated from the pectorals, a quality you can develop with specific exercises such as Front Dumbbell Raises and Barbell Upright Rows.



75

CH ET

The Competition Program, therefore, introduces a few extra movements such as Lying Incline Laterals and Seated Cable Rear Laterals. There is also a great increase in time intensity, with every exercise done as part of a superset or triset. This intense work is very effective in sculpting and defining the deltoid muscles, bringing in all the tie-ins and creating unbelievable muscular striations.

When training for competition, you have to pay close attention to detail. Not only must each head be developed in proportion, but each must be totally separated from the others, with all three heads clearly defined and visible. Additionally, the deltoid structure must be totally separated from the muscles of the upper arm as well as from the trapezius and upper back muscles. The front delts also must be clear and distinct from the sweep of the pectoral muscles.

On top of all of this, you need the striations and cross striations that give you the kind of quality that makes you competitive at the highest levels. Certainly, none of this comes easily. You can't just take any shoulder routine and expect to develop championship deltoids. It takes continually increasing intensity using techniques like supersets, trisets, the Stripping Method, and as many of the Shocking Principles as possible. If you find that despite your efforts you still have weak points in your deltoid development, intensive training is the only solution; you need to carefully study the weak point options (see page 265) and decide how to reorganize your workouts to deal with these problems.

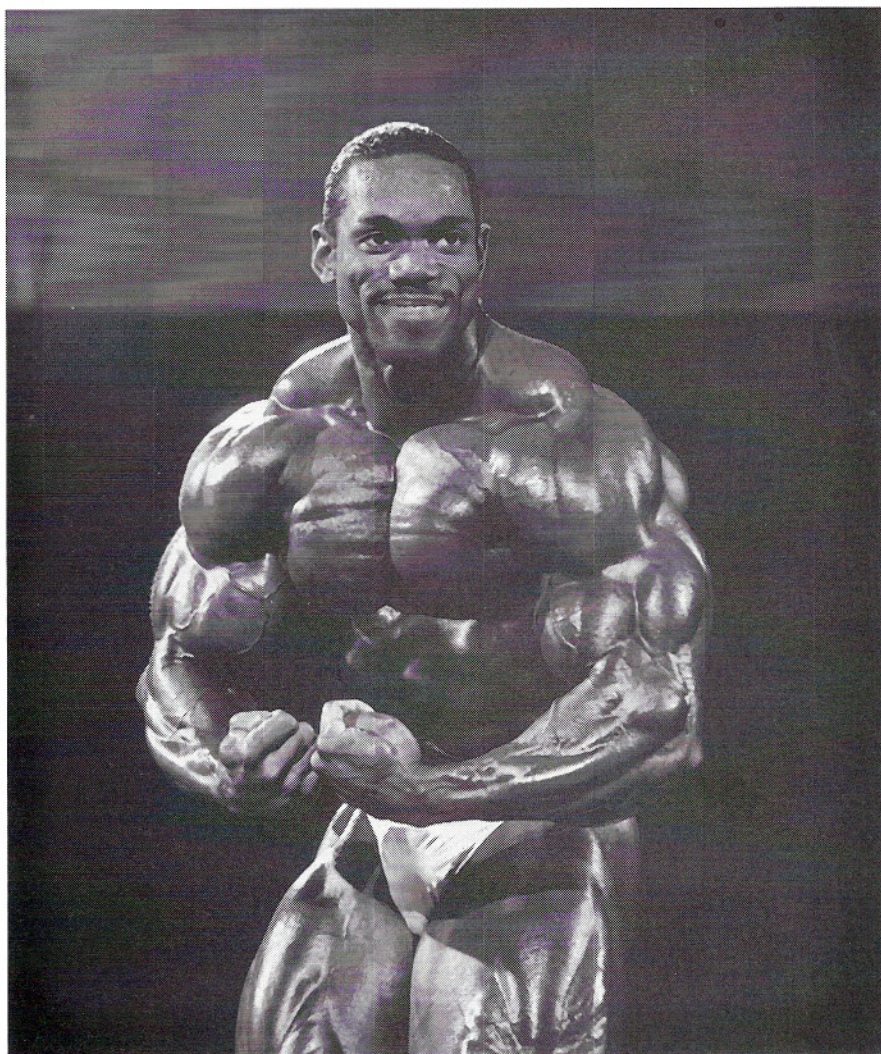
In 1971, when I trained with Franco, we did Dumbbell Presses down the rack starting with 100 pounds, then immediately went and punished our delts with Lateral Raises until we were unable to lift our arms. Or sometimes we would do trisets: first a front delt exercise, then one for side delts, and finally a set for rear delts. Believe me, after a couple of these our shoulders felt as if they were on fire, with every fiber screaming for mercy.

TRAINING THE TRAPEZIUS MUSCLES

The trapezius muscles are the visual center of the upper back, the trapezoidal structure that ties together the neck, deltoid, and latissimus muscles. The traps play an important part in both front and rear poses. In shots like the back double-biceps, the traps help produce that fantastic effect where your muscles ripple from elbow to elbow clear across the top of your back. In a rear lat pose, as your lats come forward and sweep out, the traps form a clear triangle of muscle in the middle of your back. Trap development also helps to separate the rear delts from the upper back. And in most front poses, the line of the traps, from neck to delts, is extremely important, especially if you want to be able to do an impressive most-muscular shot.



The traps are important to both front and back poses. For example, see how they help tie the back together in a back double-biceps shot.



Flex Wheeler

But the traps have to be developed in proportion to the rest of your body. If they stick up too high and slope down too abruptly, your deltoids will appear too small.

The traps work in opposition to the pulldown function of the lats—they raise the entire shoulder girdle. In the Basic Training Program, I included Heavy Upright Rows as part of your power training so that your traps will build mass and strength right from the start. But the traps also benefit from the Barbell Clean and Press and from heavy Deadlifts, which are also included in the Basic Program.

Incidentally, you will get some trap development from Dumbbell Laterals, provided you do them the way I have described in the exercise section, starting with the dumbbells in front of the thighs rather than hanging down by your sides.

In the Advanced Program, I have included Dumbbell Shrugs as part

of your trapezius training. These work the traps directly, and you can build up to a tremendous amount of weight in this exercise. You will also find in the Advanced and Competition Programs a number of exercises that train the traps, though they are not specifically designed to do so: Almost any rowing exercise (Bent-Over Barbell Rows, for example) or Shoulder Press (barbell or dumbbell) involves a lifting motion of the traps as well as other muscle functions. And strong traps help you use heavier weight in all of these other movements.

WEAK POINT TRAINING

If shoulders are a weak point in your physique, adjust your training so that you do more sets and more exercises for shoulders, and use as many of the Shocking Principles as possible to work that area with maximum intensity.

I like to use the Stripping Method for shoulders. With dumbbells, you start with heavy weights and move on down the rack; with Machine Presses or Cable Laterals, you just keep moving the pin one plate lighter each set.

Another way of accelerating deltoid development is by supersetting Presses and Raises—for example, a Barbell Press followed by Front Dumbbell Raises (or Upright Rows) in order to completely blitz the front delts. For a really intense delt workout, try doing a 3-Pump Set: Presses, Front Dumbbell Raises, and Upright Rows. But be prepared to bear the pain.

To get the best results from Raises, remember two things:

1. Keep your palm turned downward throughout the movement; or, even better, turn the hand a little farther so that the little finger is higher than the thumb (like pouring water out of a pitcher). This helps isolate the deltoids and make them fully contract during the movement.
2. Be as strict as possible. Raise the weight without any cheating, and lower it fully under control. The stricter you are, the more intense the effect on the deltoids.

Another way of increasing the intensity of your deltoid training is, after each set of Dumbbell Raises, go over to the rack, take a heavier set of weights, and just lift them out to the side as far as possible and hold them there as long as you can. This “isometric lateral” will help fully exhaust the deltoids and bring out maximum striations.

As a way of getting extra development in the rear deltoids, I used to leave a light dumbbell—usually 20 pounds—under my bed and, first thing in the morning, would do 5 sets of Lying Side Laterals with each hand without stopping. However, I never counted this as part of my regular shoulder workout. I also did a 2-Pump Set, starting with facedown Incline

Lateral Raises and, when I was too tired to continue the set, changing to a kind of Dumbbell Rowing motion to fully exhaust the rear delts.

Following are extra exercises and techniques you can use to develop a specific area that you have identified as a weak point.

FRONT DELTOIDS

Machine Presses, because you can lower the weight farther with machines than with barbells or dumbbells, thereby stretching the front delts to the maximum and getting a longer range of motion. Do not lock out on top in any press movement.

Use dumbbells whenever possible to better stress the deltoid heads.

Arnold Presses—my favorite front delt exercise—especially using techniques like Running the Rack or the Stripping Method (page 193)

Front Dumbbell Raises for maximum front deltoid and pectoral separation

Front Barbell Presses

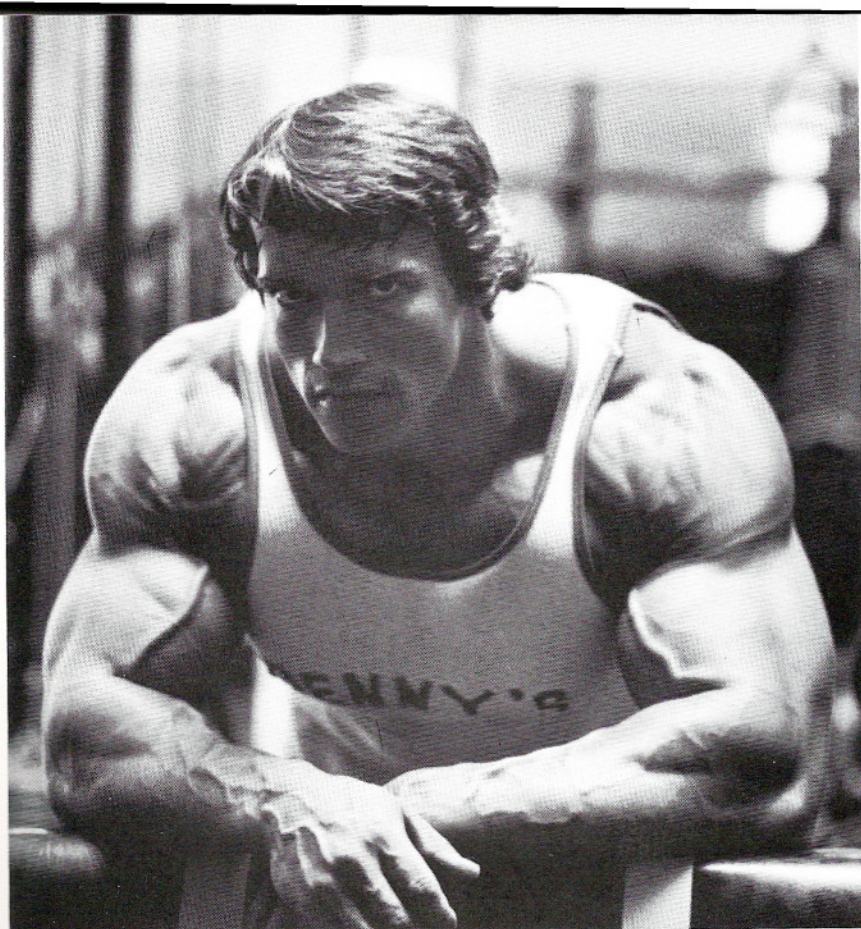
Upright Rows

Incline Barbell and Dumbbell Presses

Incline Dumbbell Flys (see Chest Exercises)

Many bodybuilders forget that front delts are also important to back poses. Franco Columbu demonstrates how the front delts are visible in a back double-biceps shot.





You can see in this semi-relaxed pose how the front deltoids, besides having mass and separation, can also be defined and striated.

In all Presses, the forearms should be held straight, not in toward the center, which overinvolves the triceps.





The side delts help to create a very wide look, even in this pose by Serge Nubret that is basically an abdominal pose.

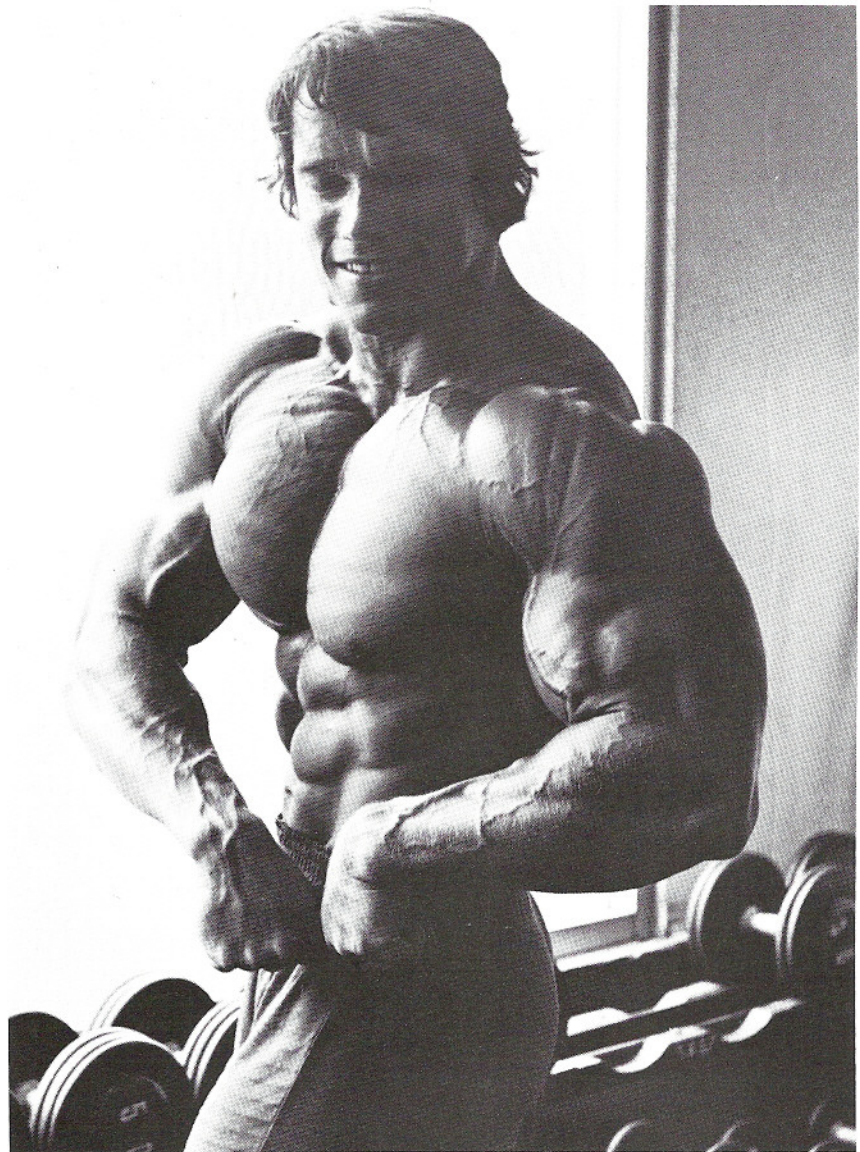
SIDE DELTOIDS

Dumbbell Laterals, beginning with the dumbbells held beside the thighs instead of in front while standing straight or sitting on a bench with your back straight

Cable Laterals, raising your arm from the side of the body, not across the front

Do super-strict Laterals (not letting the weight rise about your head, to ensure that the delts do the work instead of the trapezius).

Do burns after your Lateral Raises (taking very heavy dumbbells and holding them out with totally straight arms about 10 inches from your thighs for as long as possible—but at least 30 seconds).



Seen from the side, the development of the side deltoid creates separation from the trapezius above and from the triceps and biceps below.



Shoulder width from good side deltoid development increases the effectiveness of a front lat spread.



This three-quarter back pose by Franco Columbu demonstrates the necessity of having good rear deltoid development.

Total shoulder development—the traps, the front, side, and rear delts, and the separation and definition of all the muscles involved—is extremely important in a most-muscular shot.

REAR DELTOIDS

Use the Priority Principle (page 192), beginning your deltoid training with rear delt movements.

Add extra rear delt sets: Bent-Over Laterals, Bent-Over Cable Laterals, Bent-Over Barbell Rows, Seated Cable Rear Laterals, Incline Bench Lateral Raises (facedown), or Lying Side Laterals—try 10 sets for each arm done continuously without stopping (I used to do this every day, whether it was a shoulder day or not).

Take extra care to work the rear delts with the strictest technique possible, since any cheating will allow other muscle groups to do too much of the work.

In all Rear Laterals, twist the wrist as if pouring water from a pitcher in order to increase rear delt development.



TRAPEZIUS

Shrugs

Upright Rows

Deadlifts

Clean and Press

Reverse Laterals (very popular with British bodybuilders, these work the traps from an unusual angle as well as hitting the front delts)

Rowing exercises, such as T-Bar Rows and Cable Rows

Cable and Dumbbell Laterals

The twisting back pose is one that does not work at all unless you have well-developed rear deltoids along with all the other important back muscles.

