



Ultimate Delts

There are certain muscles that I like to think “complete” a physique. What I mean by this is that there are some muscles that aren’t big enough to be the first thing you notice in a bodybuilder, like big legs or a muscular chest, but if you have them, tie the whole physique together. The delts, or shoulders are the epitome of that to me. If you have big, round, 3-D like shoulders, every single muscle in your entire body looks better, especially if you have a small waste. See, bodybuilding is all about illusion. The wider you can get your shoulders, and the smaller you can get your waste, the more you can create the V-Tapered look, which is why I am so about training my delts. With that being said, this program will give you the blue print of how you can develop strong, muscular shoulders. When you are trying to build your delts at a competitive bodybuilding level, some naturally will have a wider shoulders, some will have more symmetrical shoulders, and some will have thicker, denser, 3-D like shoulders, but that doesn’t change the fact that resistance training will be able to enhance the look that you’re going for, in spite of any genetic barriers you might face.



The goals of this Program are threefold: first to get your shoulders absolutely massive; second, to give you four workouts that I would actually do and show you how you can apply them to your own training; and third, to explain the general philosophies that I have in regards to training that I implement in my personal training routine in order to give you a better understanding as to WHY you should train in the manner that I am recommending. If you begin to understand why you're doing something, you will become better equipped and have more motivation in regards to executing that task at hand, which in this instance is to develop boulder shoulders.

IT IS ADVISED that you READ EVERYTHING in this program document, not just follow the workouts provided. In order to have the physique of a bodybuilder, there must intent and purpose behind everything you do. If you make no effort to learn, or get better every time you walk through those gym doors, you will continue to get the results that you've always gotten, which is NOT why you came here. Read closely, have the ability to learn and improve, and most importantly, bring absolutely amazing energy and passion into everything that you do. With that being said, let's get into it!



Let's start by breaking down both of the workouts. Over the course of the next 4 weeks, you are going to have 4 workouts provided. Workout 1, is meant to be utilized during week 1, workout 2 for week 2, workout 3 for week 3, and workout 4 for week 4. In **weeks 1 and 3, strength is the focus**. To greater define strength, let's put this in laymen's terms-it is simply using more and more weight with a given exercise overtime (**progressive overload**). One of the best ways to build strength is to do **single, stand-alone exercises** with longer rest periods in between sets. This means that there is no second exercise paired with that single exercise (**superset**), or manipulation of how the exercise is performed for a greater volume or time under tension overload (**dropset**).

To better visualize this, take a look at the workouts below; you will see letters and numbers next to each exercise. The letter refers to the exercise set itself, and the number refers to the number of exercises that will be in that given set. For example, if there is just one number paired with the letter, the exercise will NOT be performed with another exercise, but rather by itself, which goes for all exercises in these "Strength Focused" workouts. In order to visually see how an exercise is done, we will provide links to the videos down below. It is advised that you observe how I perform each of the exercises, plus the step by step tips I provide, to maximize what you will get out of this program.



Next let's move on to **weeks 2 and 4 during which hypertrophy will be the focus**. To greater define hypertrophy, this refers to the growth of muscle tissue over time, or essentially getting your muscles as big as possible. While using more weight over time can be a beneficial factor here, that isn't the main focus. Our focus is going to be increasing the total volume (the total amount of work done in a given workout- calculated by Sets x Reps x Weight) workload, and changing the tempo of the exercises to put the muscles under tension for a longer period of time. The main way these are evident in the workout is a higher rep range for majority of exercises (increase in **Volume**), and the implementation of exercise techniques such as **Supersets** and **Dropsets** (increase in **Time Under Tension**). In this program, a great example of a large drop set would be the leg press calf raise drop set. Here, the drop set will consist of 5 "drops"- 4 plates, 3 plates, 2 plates, 1 plate, 0 plates. These types of tricks will help create that big time "pump", and help your muscles get larger and larger over time. To help you better visualize the difference in the workouts, let's refer to the letters and numbers that differ from the **strength focus**. As you can see when we get to exercise "C", we have C1 and C2, as we stated above, numbers refer to the number of exercises in a given set, so this would be a **Superset**. There will be a glossary at the end of this document for any highlighted term you may not be clear on.



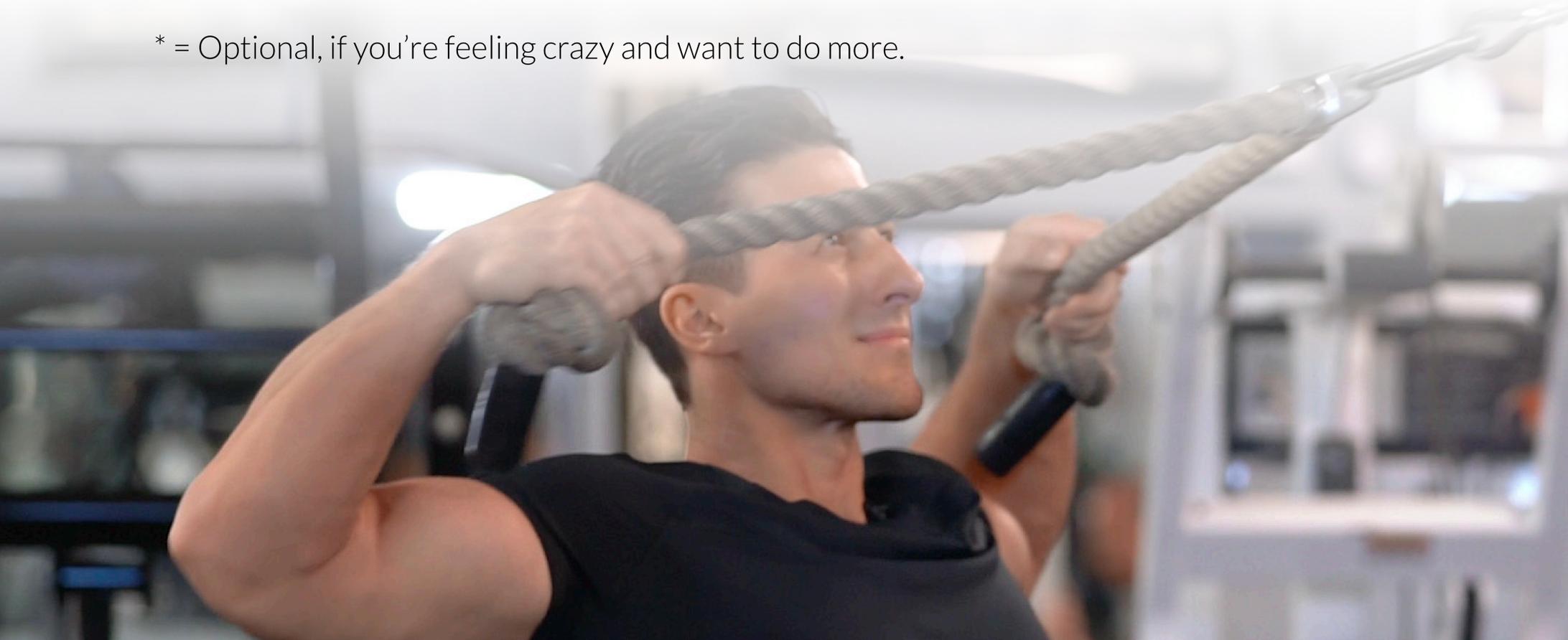
Now that you have a clear idea of how the workouts are broken down, go out there and crush them! To find out more information on subjects such as form, breathing, and equipment breakdown, be sure to read those sections.

Exercise	Sets	Reps	Rest Time
A1. DB Side Raise	3	10	45 seconds
B1. Seated Barbell Military Press	3	10, 8, 6	45 seconds
C1. EZ Curl Bar Upright Row	3	12	45 seconds
D1. DB Reverse Fly	3	10	45 seconds
E1. Rope Cable Face Pulls	3	12	45 seconds
F1. *Rope Cable Front Raise (3 sec positive, 5 sec negative)	3	8	45 seconds

* = Optional, if you're feeling crazy and want to do more.

Exercise	Sets	Reps	Rest Time
A1x. DB Lateral Raise Dropset (3 drops)	3	12/10/8	30 seconds
B1. Seated DB Military Press	3	15	30 seconds
C1. Single Arm Leaning Lateral Raise	3	15	30 seconds
C2. Standing DB Arnold Press	3	10	30 seconds
D1. Standing DB Across Body Front Raise	3	12 (each side)	30 seconds
D2. Pec Deck Reverse Fly	3	12	30 seconds
E1. *DB Upright Row	3	10	30 seconds

* = Optional, if you're feeling crazy and want to do more.



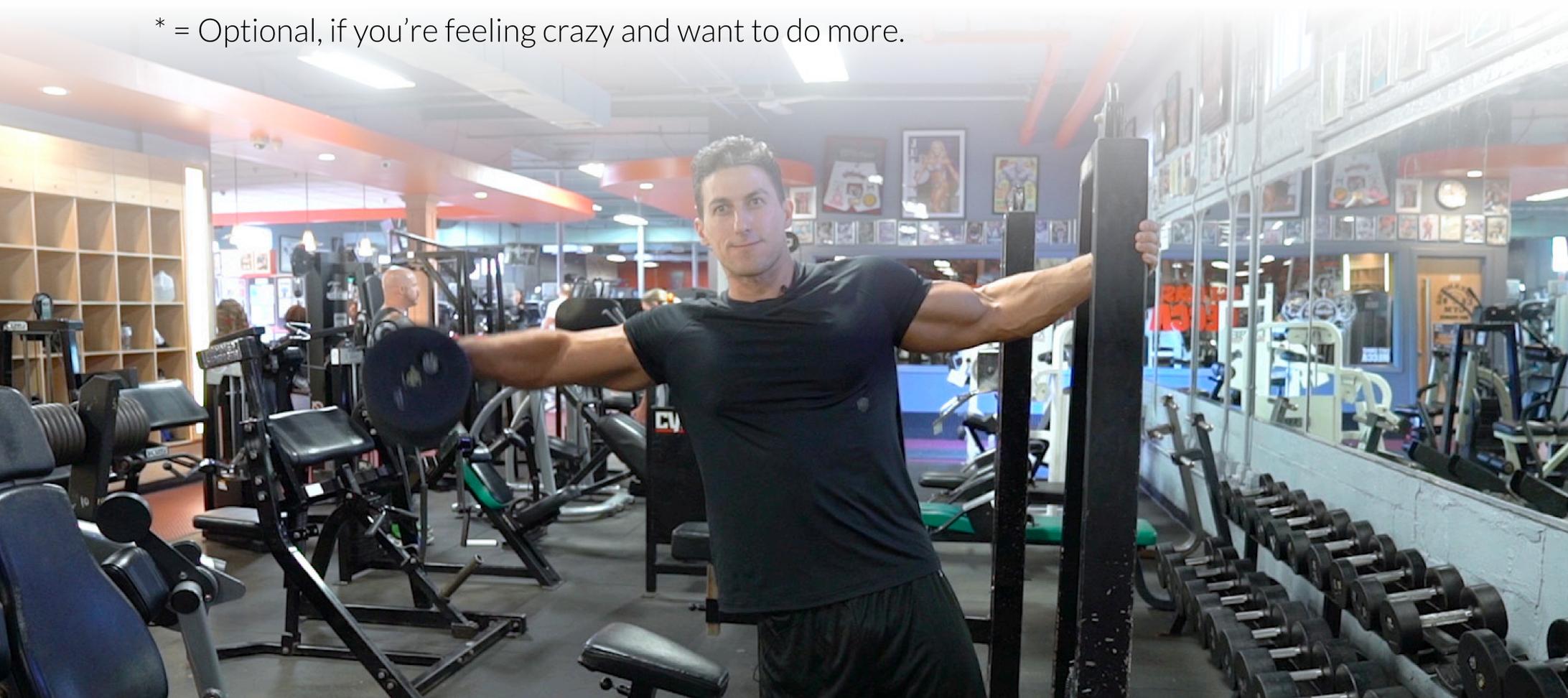
Exercise	Sets	Reps	Rest Time
A1. Standing Barbell Military Press	4	10, 10, 8, 6	45 seconds
B1. DB Side Raise	4	10	45 seconds
C1. Rope Cable Face Pulls	4	12	45 seconds
D1. DB Reverse Fly	4	10	45 seconds
E1. EZ Curl Bar Upright Row	4	12	45 seconds
F1. *Rope Cable Front Raise (3 sec positive, 5 sec negative)	4	8	45 seconds

* = Optional, if you're feeling crazy and want to do more.



Exercise	Sets	Reps	Rest Time
A1. Seated DB Military Press	4	15	30 seconds
B1. Standing DB Across Body Front Raise	4	12 (each side)	30 seconds
B2. Pec Deck Reverse Fly	4	12	30 seconds
C1. Single Arm Leaning Lateral Raise	4	15	30 seconds
C2. Standing DB Arnold Press	4	10	30 seconds
D1. *DB Upright Row	4	10	30 seconds
E1x. DB Lateral Raise Dropset (3 drops)	3	12/10/8	30 seconds

* = Optional, if you're feeling crazy and want to do more.



When it comes to bodybuilding, there are few things, if any, that are more important than form. I am a huge proponent of good form over everything. The physique is sculpted over time by how you perform every single rep, every single workout, over time. I have seen many novice lifters in my gym for years and years and years, slowly but surely using more weight, but the muscle growth they see is very minimal. Why is that? The answer is simple-their form is TERRIBLE! They are moving the weight from Point A to Point B, but they aren't stimulating the correct muscles to make that growth happen (**mind-muscle connection**).

The way to grow is to stimulate the Central Nervous System by using the target muscle group as BEST AS POSSIBLE to perform the exercises correctly. For example, this can get tricky, but let's say I am doing a squat. For example's sake, let's say in one workout, I am using a very heavy weight, and in another, I'm using a lighter, more controllable weight. The goal is to target the biceps as best as possible for growth. If I am using a weight so heavy that I have to use momentum and sacrifice form just to get the weight from point A to Point B, I probably won't maximize growth in the way that I want to because I am not connecting with my muscles. Let's now say I'm using a lighter, controllable weight. Because I am able to control the resistance, and it's not so heavy that I am sacrificing form, I will be much better able to stimulate more fiber recruitment, and therefore more growth in my legs because my form is good, therefore my mind-muscle connection is on point. Don't get confused, there is definitely a time and a place for heavier weight and a little bit of controlled cheating BUT, like I said, bodybuilding is not about performing the movement, it is about HOW you perform the movement. If you want to use heavier weights, we need to build the basics of proper form, and get stronger with that form over time.



One big piece of form advice I love to give people during lateral and rear delt. Raises is to always pull at your elbows. What I mean by this is that when you're doing the exercise, imagine there are strings attached to your elbows and when you're lifting the weight up, someone is pulling on my elbows. I am a big believer that lateral raises single handedly one of the best shoulder building exercises that there is, so I want you to study the video of me doing them. The reason I want you to pull at your elbows is because it will place more stress on your shoulder, and less on your trap. See, if you keep your elbow straight, this will cause your shoulder blades to raise, and put tension on your trap, which we don't want, we want it all on your shoulder to get those GAINS!

A topic that I don't feel is often covered is how different pieces of equipment effect how different parts of the shoulders grow, so let's break that down so that you understand. In order to keep things simple, I will be mentioning the general exercises down below. There are ways you can incorporate different variations of the exercises. For example, let's take a Dumbbell Front Raise, you can do the same exercise with your hand facing up towards the sky (supination), your hand facing to the ground (pronation), or with your thumb turned towards the sky (internally rotated). Same with the cable, there are all type of grips and attachments that you can add, so feel free to do so at your own discretion. I will be mentioning some exercises that were not listed in both of the workouts, but they are options, so I would hate to neglect them.

Barbells are typically best used in Bilateral movements, meaning that both sides of the body move together at one time. Because both sides are moving together in a barbell, or bilateral movement, you will be able to push more weight, therefore you have the potential to stimulate more of the targeted muscle group, particularly the fibers which are associated with upper limit strength and growth. However, the potential for more muscle growth can come at a risk. Because Barbells are somewhat limiting in terms of free movement due to the fact that left and right sides are forced to work together in order to move one single object (the barbell). Barbell exercises such as barbell presses can have a massive impact on the growth of your shoulders. With that being said, below are the most effective shoulder exercises that can be done with a barbell. It is important to note that you should not make the mistake of confusing simplicity with being easy.

- Barbell Shoulder Press (Standing or Seated)
- Standing Front Raise
- Barbell Upright Row

Dumbbells are a piece of equipment that help stimulate the shoulders **unilaterally**, meaning each side moves independently of the other. This has pros and cons to it. The main pro being that you can potentially achieve better symmetry if you have any imbalances. In addition, one could argue that there is a lower risk of injury when compared to a barbell. A noteworthy “con” is that because both sides aren’t working together and therefore you won’t be able to use as much weight as you might with a barbell. Regardless of the perspective that you choose to take, the potential for muscle gain is still very high. Every exercise listed below, unless stated otherwise, assumes the use of 2 dumbbells. With that being said, let’s take a look at some of the different dumbbell exercises that can be done for the shoulders:

- DB Shoulder Press (Standing or Seated)
- DB Arnold Press (Standing or Seated)
- DB Lateral Raise (Standing or Seated)
- DB Front Raise (Standing or Seated)
- DB Reverse Fly (Bent Over or Chest Supported)
- DB Upright Row

Cables and Machines can both play a role in helping you get bigger and stronger shoulders, but they should be looked at secondarily behind the barbells and dumbbells. The unique feature they provide is that:

Adds Variety to Your Routine: Being able to keep things interesting is something that's so important in weight lifting. To one, keep muscles stimulated in different ways to keep yielding increases in strength and growth, and two, to keep your head mentally focused in your workouts. Often times if we are doing the same exercises, in the same order, over and over again, we will be less and less excited to kill a workout as time goes on.



Easier, more organized way to perform Time Under Tension Work: As discussed earlier, Time Under Tension is a key way to “pump” up your muscles and put on mass. If you were to perform a drop set, it’s as simple with the cable as moving the pin from one weight to a lower weight and then to yet a lower weight with minimal rest. You can compare this to using free weights which requires obtaining multiple different weights to perform the same task, which can be a headache in itself.

Here are some of the most effective shoulder exercises you can do with a cable:

- Cable Front Raise
- Cable Side Raise
- Cable Rear Delt Fly
- Reverse Fly Pec Deck
- Cable Face Pull
- Cable Upright Row

Exercise

Area Emphasized

Shoulder Press

Overall Delt

Front Raise

Front Delt

Upright Row

Side, Rear Delt

Unique Feature

Bilateral free weight movement, allowing you to use more weight than any other piece of equipment, therefore more potential for muscle growth.



Exercise

Area Emphasized

Shoulder Press

Overall Delt

Arnold Press

Overall Delt

Lateral Raise

Side & Rear Delt

Reverse Fly

Rear Delt

Upright Row

Side & Rear Delt

Unique Feature

Unilateral free weight movement allowing ability to create balance on both sides, more exercise variety, while still stimulating a large potential for muscle growth.



Exercise

Area Emphasized

Front Raise

Front Delt

Side Raise

Side & Rear Delt

Rear Delt Fly

Rear Delt

Pec Deck Reverse Fly

Rear Delt

Face Pull

Rear Delt

Upright Row

Side & Rear Delt

Unique Feature

Allows different grips and attachments to target specific parts of target muscle, is easier on whole body, making working muscle groups for less advanced lifters easier, allows for more organized way to perform drop sets or other time under tension work.

When it comes to weight lifting, especially if your goal is to attain a high-level physique, breathing is something that you must master during your workouts. I will keep it simple: breathe out (exhale) whenever you're exerting yourself during the exercise, and breathe in (inhale) when you're bringing the weight back to the starting position. ALWAYS keep your core engaged! For example, if you're doing a bicep curl, breathe out when you're curling the weight, and breathe in when you're lowering the weight down.



For those who have made it to this point, I would like to say that I greatly appreciate you taking the time to learn, grow, and improve your skill sets as a weight lifter. You must learn to enjoy this process day in and day out. There will be times that workouts hurt so bad they suck, there will be times you won't feel like going to the gym, and there will be times that your life is in disarray but the champions are those who show up anyways. The champions are the ones that move forward regardless of any obstacles which stand in their way. Champions know their purpose. Champions know why they are on this earth and spend their days conquering what is rightfully THEIRS!! Building your physique is a journey that can and often does take years, and if you want to be recognized for it, you better be prepared to work hard. There is no way around it. Learn from every workout, grow from your mistakes, and let the guidance that I provide you with this program to act as a framework that you can apply to every aspect of life. Know what you want, let nothing stop you, and GO GET IT!!!



Progressive Overload: The gradual increase of stress placed up the body overtime. This can be an increase in weight, volume, time Under tension, and frequency of training sessions.

Single, Stand Alone Exercise: An exercise performed by itself with no other exercise.

Superset: An exercise paired with another exercise back to back with no rest.

Dropset: A manipulation of a single, stand-alone exercise where multiple successive sets are performed of the same exercise, with little to no rest, and a decrease in weight each time muscular failure or near failure is achieved.

Bilateral Movement: Both sides moving together.

Unilateral Movement: Both sides moving independently.

Mind-Muscle Connection: The talent and ability to isolate a desired muscle group during a movement.

“X” (next to exercise): Refers to drop set.

“+” (next to exercise): Refers to 2 exercises done simultaneously (not a superset).

“*” (next to exercise): Refers to an optional, additional exercise.

Pronated Grip: Hand to the ground (palm facing down).

Supinated Grip: Hand to the sky (palm facing up).

Neutral Grip: Palms facing each other.

AMSAIT: As Many Sets As It Takes.