

# Shoulder Training Guide



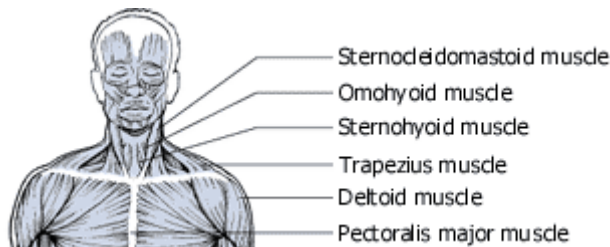
Researched and Composed by The Animal

## Introduction

To the untrained eye, the shoulders may be seen as a simple muscle group, however nothing could be further from the truth! They are a complex structure involving joints, bones, nerves and of course muscles. This article is meant to enlighten you in regards to key facts involved in shoulder training. It will be placed in a faq format to better your comprehension.

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## What muscles actually make up the shoulders girdle and shoulder joint?



Here's your shoulders anatomy lesson for today. The muscles that are involved in the shoulder girdle and joint and are quite numerous. Of prime importance( for this particular program ) in the shoulder girdle is the Trapezius This muscle runs from your neck down the middle of your back and forms the visual centre of your upper back.



**Trapezius**

The Deltoids are the major muscles involved in the shoulder joint. This is a large three-headed triangular muscle, which stretches from your rear shoulder to the insertion in your upper arm. The deltoids are separated into three areas:

Front -Anterior

Side / Middle – Medial

Rear – Posterior

### **What do we actually use our shoulders for?**

**Whenever you raise or rotate your shoulders your Traps have strongly come into play. Your Deltoids are used for any lifting and pulling motion.**

### **When should I train shoulders?**

In my opinion Shoulders are a large muscle group and therefore should be treated the same way as Chest, Back and Legs. This is to say that if you train them in conjunction with another major body part you will not be able to work them properly. For this reason I recommend training shoulders on a separate day, possibly followed by Triceps if they were not trained after Chest or on an Arms day with Biceps.

### **So I shouldn't train my Shoulders after my Chest, what about pre-fatigue?**

Pre-fatigue is a great ally for bodybuilders. However if you train your shoulders intensely enough you can pre-fatigue your Delts using a compound shoulder exercise and then hit them hard again with another shoulder exercise with more isolation in mind. An example of this would be Shoulder Presses supersetted with Front Raises.

### **I've heard that Shoulders are a "fast" healing muscle group is this true?**

In essence yes, it is true and they do heal relatively quickly. Keep in mind however that you use your Delts when training your Chest and your Rear Delts when training Back SO they are put under a great deal of pressure. I would still recommend that you leave 48 hours in between training your shoulders after a Chest or Back day.

### **How should I train shoulders for best results?**

Shoulders should be trained heavy! They respond best to heavy loads being applied. Quite often when you train you lift a weight and think "Man this is heavy!" and then quite often hit mental failure before physical! With shoulders loose all pre-conceptions regarding how much you can lift and just get down to business! Another way to see immense growth is to use strip/drop sets sets. If using dumbbells, start heavy and then go down or on a machine just keep on putting that pin down!

Another very good tactic for shoulder growth is Power training. Using volume with heavy weights and a slow negative and then push it out with as much power as you've got. You will notice this in workout B of the 8-week shoulder routine.

## **Why should I train my shoulders Heavy?**

You should train every muscle heavy but shoulders especially as they are not only a large muscle group but also are very strong. Just to give you an idea of what I mean, professional bodybuilders have been known to use 150lbs dumbbells for dumbbell presses. In addition they are a very versatile muscle group and by hitting them hard they will utilize more of the muscle fibers surrounding the shoulder joint.

## **How do I get WIDE shoulders?**

You're not going to like this answer!! To an extent it depends on your genetics, either you've got a wide shoulder frame or you've got a more slanting frame, which will appear smaller when relaxed. Saying that though you can train your Side Deltoids, which will help you, obtain those wide shoulders and thus that magical V. Even if you do not have a long collar bone however, you can still create the illusion of having one. See

[The Essence of Bodybuilding, " The Art Of Illusion!](#)

## **Are my shoulders an important muscle group?**

HELL yes, they are one of the most important in the entire body! They not only help you get the wide V shape but also are vital in so many poses. For example they add width to your body during a Front Bicep Pose or add to overall muscularity in the Most Muscular pose. They are possibly the most vital muscle groups for posing, as they get seen from the front, side and rear.

## **So what if I'm not interested in Competition's and Posing, are shoulders still important?**

Yes they are, you will be amazed how much you use your shoulders in everyday life and essentially every sport. Anything which involves arm movement, lifting and rotation requires the need for good strong shoulders development. You often find that when training your Chest the stabilizers fatigue more than your Chest, so if you have strong shoulders this will assist you in the training of your Chest also.

## **Is it all right just to do a few compound exercises for shoulders?**

NO!! The shoulders are a very versatile muscle group this is quite often why after a workout people think they heal fast. When the truth of the matter is they haven't trained them hard enough or with the correct routine. You should hit your shoulders from many different angles to fully condition all three heads. I like to change my shoulder routine up more frequently than other muscle groups. This way I notice more pain and gains!

Well that's enough of the technical mumbo jumbo now on to some hardcore ACTION!!! That's if your man or should that be Animal enough to cope!

The Animal