

target: shoulders (rear deltoids)



2 At the top of the movement, tense the muscles just at the back of your shoulders. Hold that contraction.

3 Lower the weights slowly without dropping your shoulders, making sure to concentrate on that target muscle. Stop before you contact the ball or your arms reach the perpendicular resting position. Move directly into the next rep.



TIP

- The more parallel your body is to the ground, the easier it is to target your rear delts.
- Use a very light weight at first until you learn to isolate and contract your rear delts. Using too much weight forces you to recruit your traps and back muscles, making this a much less effective exercise for developing your rear delts.
- Avoid allowing your traps (the muscles in the middle of your back and at the base of your neck) to pinch together.

ADVANCED

Place your feet on a bench so that your entire body is one plane and parallel to the ground. This will force you to stabilize your core and better target your rear deltoids. Execute the exercise carefully and smoothly to avoid losing your balance.



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Karl Knopf



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