

Old School Shoulders

QUESTION: "My current shoulder workout goes like this; 4x12 upright rows, 4x12 machine, side laterals, 4x12 bent over laterals and 4x12 machine overhead press. I feel as though I get more than enough sets, the workouts feel good, but I just can't seem to get the size I am really after. Any suggestions?"

MR. GOYA: Every former "frat" boy complete with a weight lifting belt, gloves, #5ck, and a bench to beat it on performs a shoulder routine like the one you've mentioned. You could get decent shoulders with such a routine, but you'll never get the kind of "deltoids" that'll fill out a size fifty-four jacket! Nope, that's a decent routine you're doing but you'll never get the kind of shoulders that'll block sunlight with those exercises. That's a different kind of shoulder for a different kind of man. If it's boulder shoulders you're after, let's talk.

Your shoulder is comprised of one muscle which is comprised of three sections or "heads" to form the deltoid. The anterior head (the front of your shoulders), the posterior head (the rear of your shoulders) and the medial head (the top of your shoulders). As with any muscle group, or for that matter your entire body, think balance. In other words, exercise all three heads proportionately and evenly. There is absolutely no reason not to.

You can effectively work all three heads relatively easily with two or three simple, standard exercises. If you're like a lot of the "newby" fitness people, you can do it with cables, pulleys, and fancy machines. OR you can do it the right way—the hard way—the old school way. If you want, if you desire and if you're ready to start buying size fifty-four jackets instead of size thirty-eight; follow me children and let me introduce you to the partial clean and press. I call it the PCP.

The PCP isn't glamorous. It's a "man making" exercise (that's not just for men).

It's tough, brutal, and effective; three descriptive words absolutely essential to any truly GREAT exercise. With the PCP, I recommend pre-exhausting your shoulders with strict side laterals. Three or four sets of ten or twelve repetitions. Don't worry about how much weight you're lifting, your hair, or how you look in your new sleeveless Gap Shirt. If you must worry about something, worry about your form. It should be strict.

Find your gym's squat rack or power rack. Don't know what those are? Why am I not surprised. Chances are they're way in the back, in the corner, collecting dust. These are pieces of equipment most modern health clubs have relegated to the back, if not out the front door all together. Why? Because these pieces of equipment don't sell memberships they build bodies. Interesting, huh? Health clubs have shuffled ineffective equipment in to replace effective equipment. You figure it out.

To perform the PCP stand in front of a squat or power rack and hold an Olympic bar with a shoulder width grip. Start by pulling the bar to your chin as if completing an upright row. Once you've

reached your chin, flip the bar so as to now have your palms facing skyward. Smoothly press the bar above your head, lower in the same manner and repeat. Now that's the nice and neat way to describe the exercise. The reality is you gotta "pop" that bar up! You gotta explode!! Once it's resting comfortably below your chin the real work begins. Now you gotta ram that weight to the heavens. No legs, just brute strength. I hope you're wearing a lifting belt and I hope it's tight. Because brother, with the amount of weight you'll be lifting, you're going to need it.

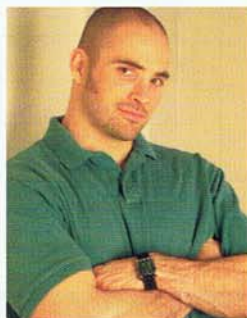
As you become comfortable with the PCP, you will, like most, strive to lift heavier and heavier. That's okay. Just remem-

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ber a couple of points: 1) try to minimize the involvement of your lower back and legs and 2) don't lean back while pressing overhead. If you do, chances are you are using too much weight and may be making an appointment with a physical therapist for your back injury.

Utilize the PCP right after your strict, side laterals for three or four sets of six to eight repetitions. Give your self several full minutes between sets. This is weightlifting, not aerobics. I've seen guys cram over 300lbs above their head for reps! Wanna guess what their shoulders looked like? Can you say... bowling balls?

Email any questions, comments and thoughts you have for Marty at marty@bodyofscience.com or visit him at www.getoffyourass.biz



MARTY TULEY is the author of *Get Off Your Ass!* Due in book stores Summer of 2004. In addition to being a published author he's a competitive, natural bodybuilder, personal trainer and health club owner who has been active in the health and fitness industry for over 15 years. Regardless whether he's working with a professional athlete or housewife, he spouts the same exercise message... "It's not about the magic pill or routine. It's still about dedication, consistency and plain ol' HARD work. Get used to it!"