

# LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

## THE BEST SHOULDER WORKOUTS FOR MEN & WOMEN



The shoulders are the calves of the upper body. They're small, stubborn muscles that, when underdeveloped, drag everything around them down.

## **THE ANATOMY OF THE SHOULDER MUSCLES**

The shoulders are comprised of several muscles. The three most prominent are the "deltoids."

There are smaller muscles as well that enable the ball-shaped head of the arm bone to spin and roll in the socket of the shoulder blade. These are known as the rotator cuff muscles.

Now, when people talk about gaining shoulder muscle, they're talking about increasing the size of their deltoids. These are the big, visible muscles, and are what we will be focusing on in this article.

Now, when it comes to training your shoulders, it's very important that you work specifically to develop each of the three deltoids. Many people fail to do this and focus primarily on the anterior (front) deltoid through bench pressing and shoulder pressing.

This makes for some very underwhelming shoulders that lack the "capped" look that requires well-developed medial (side) and posterior (rear) deltoids.

## **THE SIMPLE SCIENCE OF EFFECTIVE SHOULDER WORKOUTS**

There are two mistakes you can make in your shoulder workouts that will hobble your progress.

- ✓ Doing the wrong exercises.
- ✓ Doing a lot of high-rep training.

These two mistakes apply to every major muscle group, of course—not just the shoulders.

If you want to maximize muscle growth in any area of your body, you want to focus on heavy, compound weightlifting.

With shoulders, that means a major emphasis on heavy barbell and dumbbell pressing with some supplementary work for the side and rear delts.

## TWO RULES FOR BUILDING GREAT SHOULDERS

Here's what it boils down to:

- ✓ Focus on lifting heavy weights in your shoulder workouts.
- ✓ Focus on the shoulder exercises that safely allow for progressive overload.

Here's a simple maxim of natural weightlifting: If you stop getting stronger, you'll stop getting bigger. The reason for this is out of the several ways you can stimulate muscle growth, progressive overload is the most important.

This refers to progressively increasing tension levels in the muscle over time, and the most effective way to do it is to increase the weight on the bar (or dumbbell).

Another element of your shoulder workouts that you have to get right is weekly volume (the total amount of reps you do each week). Finding the "sweet spot" can be tricky when you're doing a lot of heavy weightlifting because the heavier the reps, the fewer you can do each week.

When you're primarily training with heavy weights (80 to 85%+ of your 1RM), optimal volume seems to be about 60 to 70 reps performed every 5 to 7 days.

## THE BEST SHOULDER EXERCISES

The following exercises are what I've used to dramatically improve my shoulders. They'll do the same for you.

### Seated or Standing Military Press

Barbell and dumbbell pressing form the foundation of effective shoulder training. These movements emphasize the anterior deltoid but heavily involve the other two heads, as well as the rotator cuff muscles.

They're also safest for overloading your shoulders with heavy weights.

Specifically, what I've done is repeat cycles of 6 to 8 weeks of starting my shoulder workouts with barbell pressing followed by the same period of starting with dumbbell pressing.

## Arnold Press

The Arnold press is a variation of the traditional dumbbell press that increases the range of motion. It's quite hard and effective.

## Dumbbell Front Raise

The dumbbell front raise is a good exercise for isolating the anterior deltoids. It can be useful for supplementing your pressing, but it's not a good replacement for it because it just can't deliver anywhere near the same results.

## Dumbbell Side Lateral Raise

This is an extremely important and often neglected shoulder exercise. It targets the side deltoids, which accounts for a lot of the shoulder roundness and "pop" that we want, and which need special attention.

## Dumbbell Rear Lateral Raise

The posterior (rear) deltoid is the smallest and weakest of the shoulder muscles, but it contributes significantly to the overall look (especially from the side and back). The dumbbell rear lateral raise is a great exercise for targeting the rear delts.

## Barbell Rear Delt Row

The barbell rear delt row is another one of my favorite rear delt exercises.

## Face Pull

The face pull is good for strengthening both the rear delts and rotator cuffs.

## **THE BEST SHOULDER WORKOUT FOR MEN & WOMEN**

The best type of shoulder workout is one that involves several exercises to properly train each of the three deltoids (and, as a byproduct, the rotator cuff muscles as well).

It ideally involves at least one compound movement, like a barbell or dumbbell press, and emphasizes heavy lifting. The following workout is a great introduction to this style of training and it's equally applicable to both men and women.

So, do the following workout once every 5 to 7 days for the next 8 weeks, and I think you'll be very happy with the results.

## Seated or Standing Military Press

Warm up and 3 sets of...

Men/Experienced Women: 4 to 6 reps (~85% of 1RM)

Inexperienced Women: 8 to 10 reps (70 to 75% of 1RM)

## Dumbbell Side Lateral Raise

3 sets of...

Men/Experienced Women: 4 to 6 reps (if this is very awkward for you, move up to 6 to 8 rep range)

Inexperienced Women: 8 to 10 reps

## Dumbbell Rear Lateral Raise

3 sets of...

Men/Experienced Women: 6 to 8 reps (~75% of 1RM)

Inexperienced Women: 8 to 10 reps

## Face Pull

3 sets of 8 to 10 reps (both men and women)

That's it. And trust me—it's harder than it looks.

A few odds and ends:

- ✓ Once you hit the top of your rep range for one set, move up in weight.
- ✓ Rest 3 minutes in between each 4-to-6-rep set, 2 minutes in between 6-to-8-rep sets, and 1 minute in between 8-to-10-rep sets.
- ✓ Make sure you're eating enough food.

This type of training is the core of my Bigger Leaner Stronger (for men) and Thinner Leaner Stronger (for women) programs, and I have hundreds of success stories that prove its effectiveness.

## WHAT ABOUT SUPPLEMENTS?

I saved this for last because, quite frankly, it's far less important than proper diet and training. You see, supplements don't build great physiques—dedication to proper training and nutrition does.

So, while workout supplements don't play a vital role in building muscle and losing fat, and many are a complete waste of money...the right ones can help.

For the purpose of this article, let's just quickly review the supplements that are going to help you get the most out of your bodyweight (and other) workouts.

### 01. Creatine

Supplementation with creatine helps...

- ✓ Build muscle and improve strength
- ✓ Improve anaerobic endurance
- ✓ Reduce muscle damage and soreness

If you have healthy kidneys, I highly recommend that you supplement with creatine. It's safe, cheap, and effective. In terms of specific products, I use my own, of course, which is called RECHARGE.

RECHARGE is 100% naturally sweetened and flavored and each serving contains:

- ✓ 5 grams of creatine monohydrate
- ✓ 2100 milligrams of L-carnitine L-tartrate
- ✓ 10.8 milligrams of corosolic acid

This gives you the proven strength, size, and recovery benefits of creatine monohydrate plus the muscle repair and insulin sensitivity benefits of L-carnitine L-tartrate and corosolic acid.

### 02. Protein Powder

You don't need protein supplements to gain muscle, but, considering how much protein you need to eat every day to maximize muscle growth, getting all your protein from whole food can be impractical.

That's the main reason I created (and use) a whey protein supplement. (There's also evidence that whey protein is particularly good for your post-workout nutrition.) WHEY+ is 100% naturally sweetened and flavored whey isolate that is made from milk sourced from small dairy farms in Ireland, which are known for their exceptionally high-quality dairy.

### 03. Pre-Workout Drink

There's no question that a pre-workout supplement can get you fired up to get to work in the gym. But the reality is it's very hard to find a pre-workout supplement that's light on stimulants but heavy on natural, safe, performance-enhancing ingredients like beta-alanine, betaine, and citrulline.

And that's why I made my own pre-workout supplement. It's called PULSE and it contains 6 of the most effective performance-enhancing ingredients available:

- |                     |             |
|---------------------|-------------|
| ✓ Caffeine          | ✓ Betaine   |
| ✓ Beta-Alanine      | ✓ Ornithine |
| ✓ Citrulline Malate | ✓ Theanine  |

And what you won't find in PULSE is equally special:

- ✓ No artificial sweeteners or flavors.
- ✓ No artificial food dyes.
- ✓ No unnecessary fillers, carbohydrate powders, or junk ingredients.

The bottom line is if you want to know what a pre-workout is supposed to feel like...if you want to experience the type of energy rush and performance boost that only clinically effective dosages of scientifically validated ingredients can deliver...then you want to try PULSE.

## THE BOTTOM LINE ON SHOULDER WORKOUTS

If you've read this far, I don't think I have to do much more to convince you to build bigger, stronger shoulders.

You're sold. You just need to know how (and I hope this article fills that need).

The reality is anyone that says building impressive shoulders is easy is lying.

It takes a lot of work and patience. It can be done though. Just follow the advice in this article and you'll be on your way.

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