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**EVERYTHING OLD
IS NEW AGAIN!**

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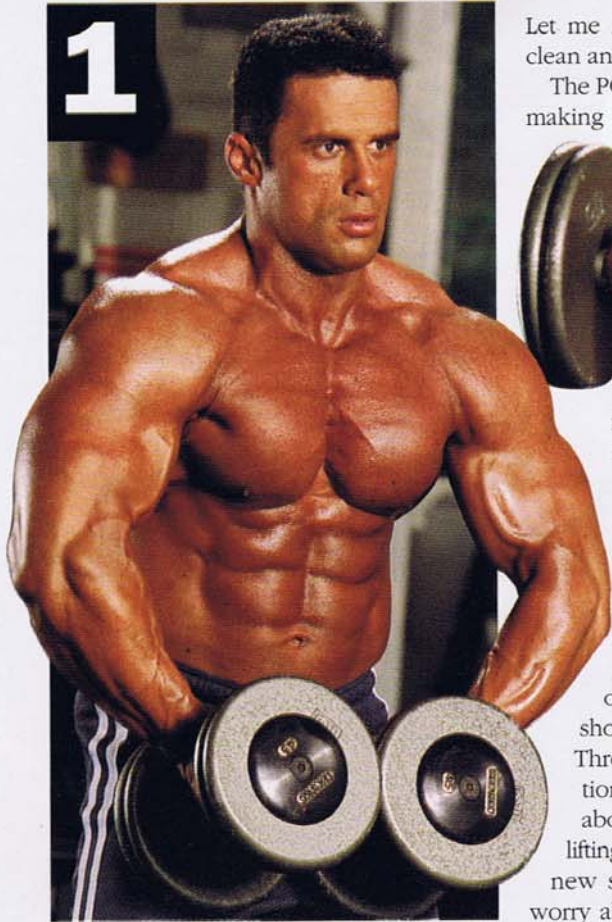
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IN 10 WEEKS

You've exhausted all the latest workout techniques for building monster delts, and failed. Now along comes something new. Well, not new – in fact it's old – but it has a proven record for success that you just can't afford to ignore.

Here, try some old-school delt training that guarantees increased shoulder power and barndoor width in a hurry!

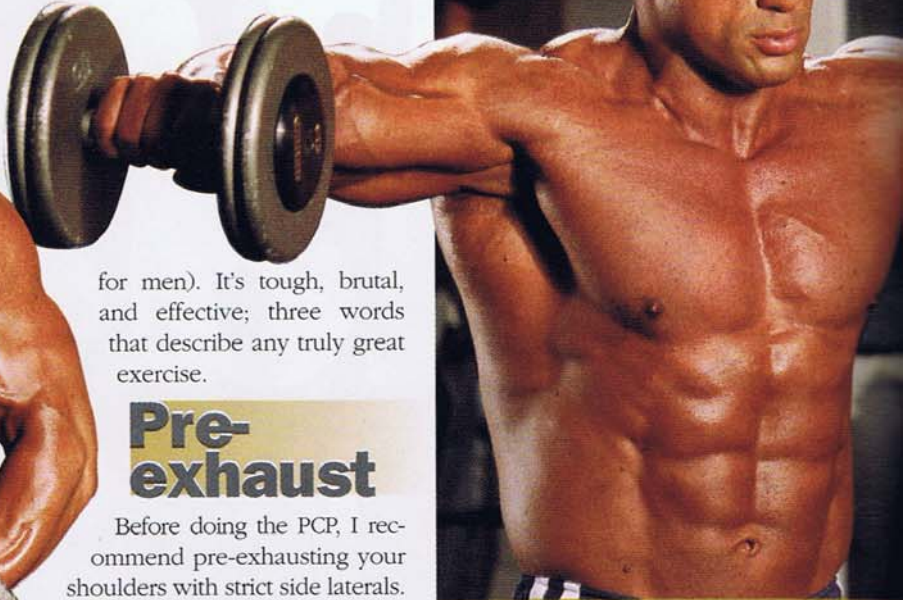
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Let me introduce you to the partial clean and press. I call it the PCP.

The PCP isn't glamorous. It's a man-making exercise (though it's not just

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for men). It's tough, brutal, and effective; three words that describe any truly great exercise.

Pre-exhaust

Before doing the PCP, I recommend pre-exhausting your shoulders with strict side laterals. Three or 4 sets of 10 to 12 repetitions should suffice. Don't worry about how much weight you're

Strict side laterals are a must to properly warm up the delts for the PCP.

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.

Keep your elbows slightly bent and fixed in place. Your knees should also be slightly bent. It's okay if your upper body is tilted

forward a bit, but the tilt should be slight. Bring your arms slightly forward rather than straight out to the sides—something between a standing dumbbell lateral and a traditional side lateral. Your wrist should be straight. At the top of movement your wrist, elbow, and shoulder

Every former frat boy with a weightlifting belt, gloves and a bench has a shoulder routine like this:

Frat-Boy Delt Routine

- Side dumbbell laterals – 3 x 10
- Bent-over dumbbell laterals – 3 x 12
- Machine overhead presses – 3 x 8
- Cable upright rows – 3 x 12

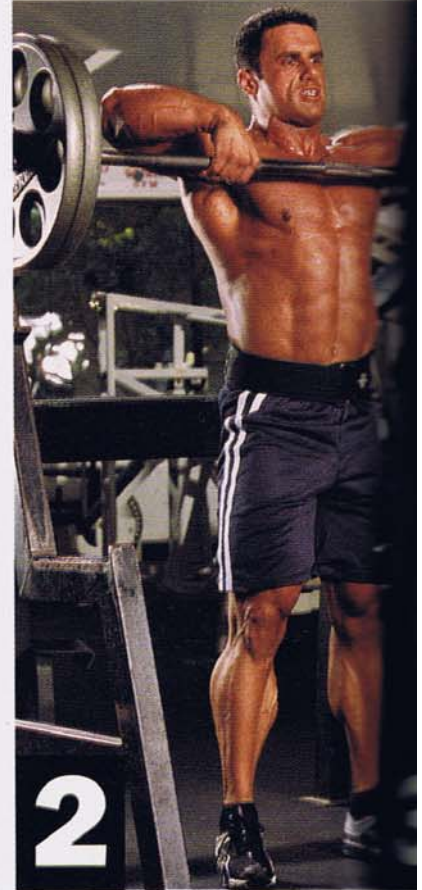
You could get decent shoulders with such a routine – the kind of that'll look good for your impending career as a JCPenny catalog model. Hell, you may even get a discount on your man-make-up at the cosmetic counter at Nordstrom's. If those are your goals, more power to ya, but if it's widen-the-door-frames-at-the-homestead shoulders you're after, listen up.

Your deltoid is one muscle made up of three basic sections referred to as heads: the anterior head (the front), the posterior head (the rear) and the medial head (the side). If you want balance and proportion, as you should, you must exercise all three heads proportionately and evenly. You can effectively work all three heads relatively easily with two or three simple standard exercises. 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. Now follow me, children.

Training photos Robert Reiff Model Oliver Adzivevski Location World Gym, Marina Del Rey, CA



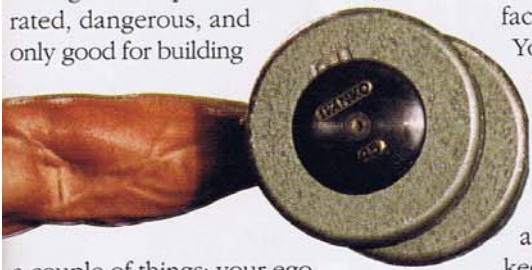
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joints should all be in a line parallel to the floor.

Forget about power laterals. They're over-rated, dangerous, and only good for building



a couple of things: your ego and your injury list. Wannabes do heavy, cheating, side laterals because they want to hoist big weights, not because they want to have big muscles or awesome strength.

Onto the PCPs

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 corner collecting dust. Most modern health clubs have relegated this equipment to the back, if not out the door. Health clubs have bought ineffective equipment to replace effective equipment. You figure it out.

Stand in front of the squat or power rack, holding an Olympic bar with a shoulder-

width grip. Pull the bar to your chin as if completing an upright row. Once the bar has reached your chin, flip it so your palms face upward. Now the real work begins.

You have to 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. You're gonna need it. When you're lifting some real weight, you'll need to call on a little lower back, hip, and knee movement. Just make sure you keep their assistance to a minimum.

Dumbbells

You can also do the PCP with dumbbells. It's really just a matter of personal preference. I find dumbbells just too cumbersome and awkward. I want to move a lot of weight with as little worry as possible.

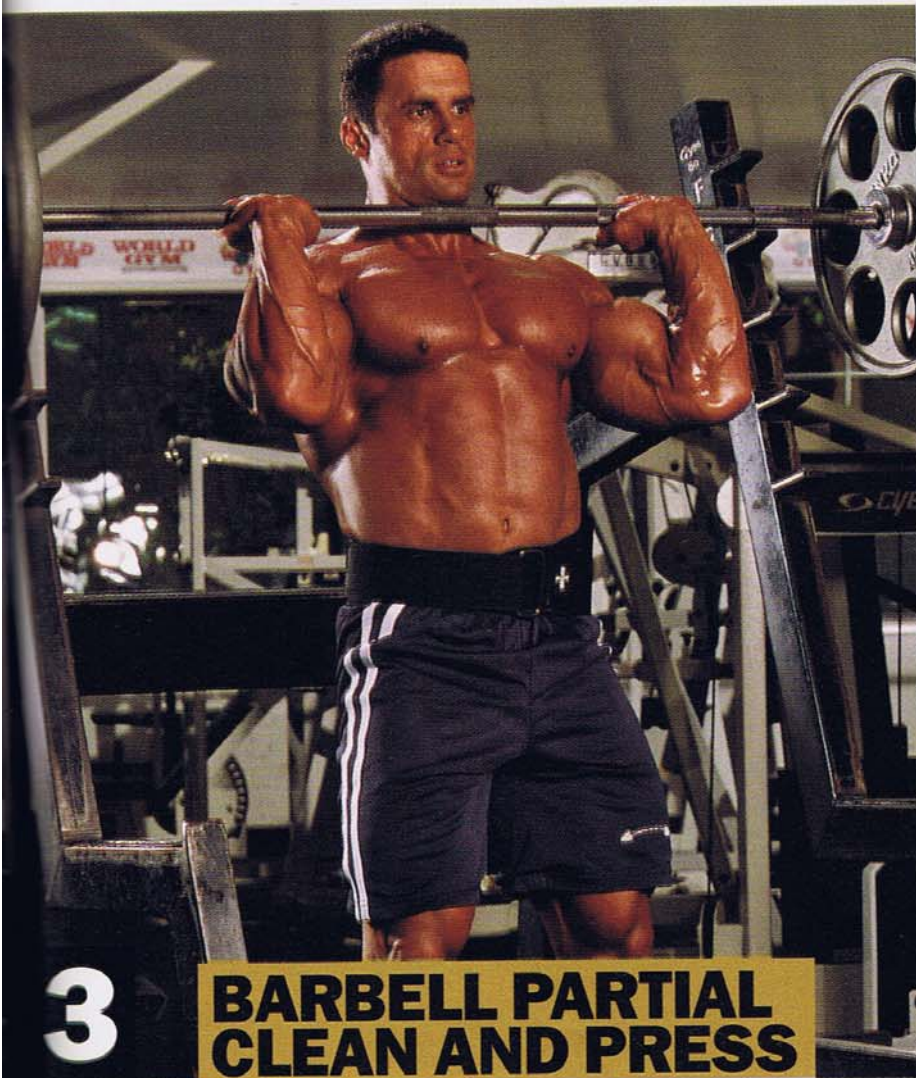
“ Never utilize the technique of cheating to make a set or exercise easier. Use cheating to make it harder.”

A good old-fashioned barbell just makes that easier. I always throw on a pair of lifting straps. Even with a low- to medium-rep range, your forearms will tire long before your upper back, shoulders and arms do.

Pointers

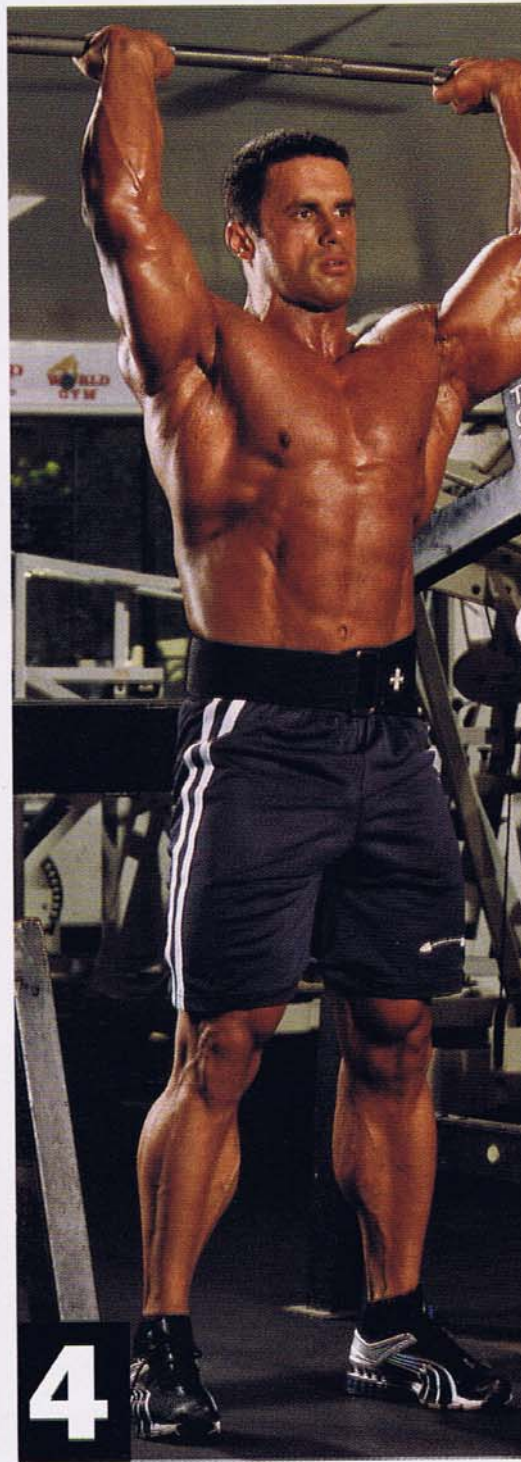
As you become comfortable with the PCP, you will, like most, strive to lift heavier and heavier. That's okay. Just remember a couple of points:

1. Try to minimize the involvement of your lower back and legs. Bending your knees just slightly before a heavy press will build momentum for the upward push. That's the way to advance through plateaus and

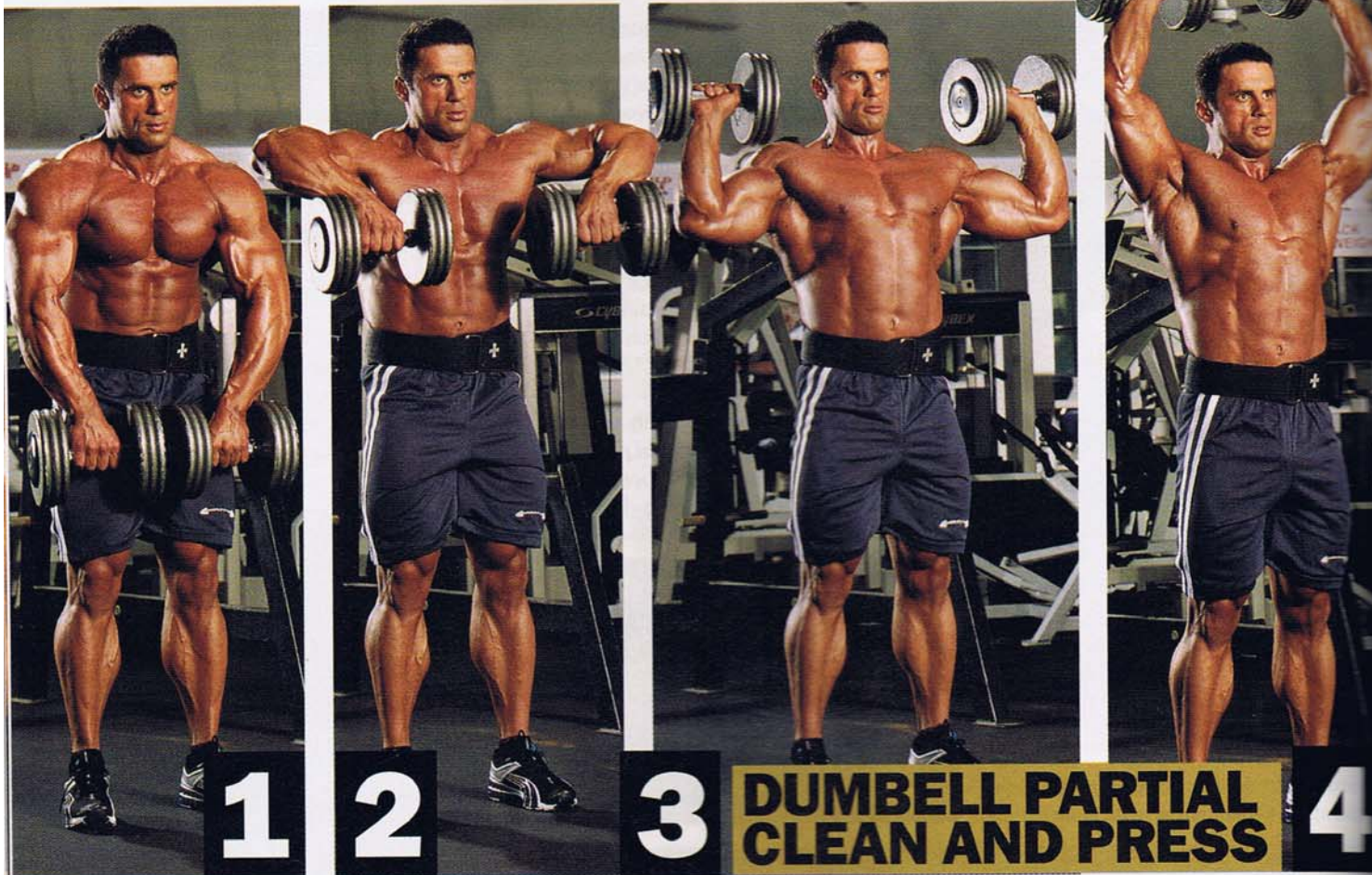


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BARBELL PARTIAL CLEAN AND PRESS



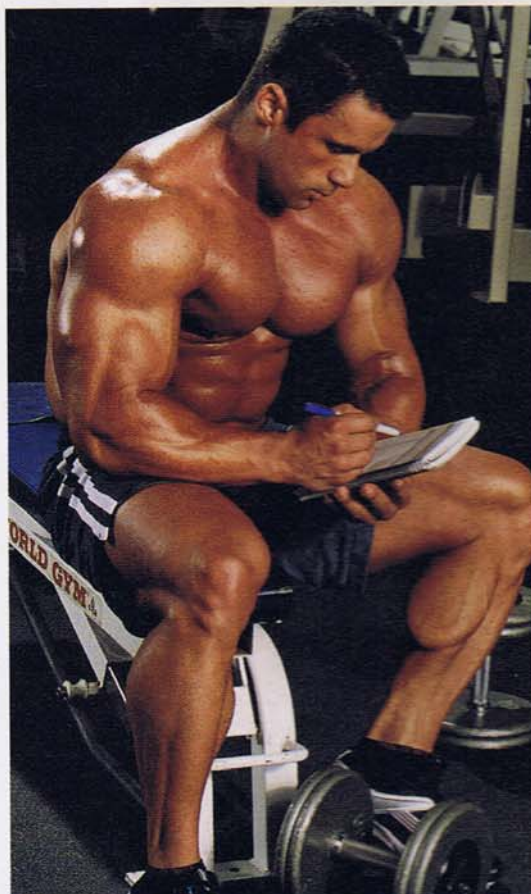
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handle heavier weights. But don't push press with your lighter work sets. Remember, never utilize the technique of cheating (a push press is a form of cheating) to make a set or exercise easier. Use cheating to make it harder. Make sure you've pushed your muscles as far as you can without cheating. Only then can you employ cheating as a means of extending the set and thereby increasing the intensity.

2. Don't lean back excessively while pressing overhead. If you do, chances are you are using too much weight. You'll soon be making an appointment with a physical therapist for your back injury. To avoid excessive lower-back arch, wear your lifting belt very tight and concentrate on keeping your abdominals contracted. Do your PCPs right after your strict side laterals for 3 or 4 sets of 6 to 8 repetitions. Give yourself several full minutes' rest between sets. This is weightlifting, not aerobics.

Give this routine a try for a minimum of six weeks, and preferably 10 to 12. Keep accurate records of your weights, sets, and reps. Your



Get organized. Record your weights, sets, and reps so you can train intelligently by planning a growth strategy.

POWER POINT
Leaning back to finish the press means you are using too much weight!

physique and strength are a direct result of planned, systemized exercise. Know where you've been, know where you are, and know where you're going. Maybe most importantly, know how you're going to get there. After 10 weeks or so, it'll be time to execute a change in the program. Then you can move into a different exercise cycle to keep your gains progressing. ➔