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MAY 2005

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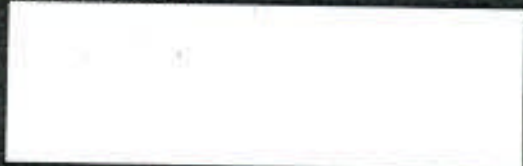
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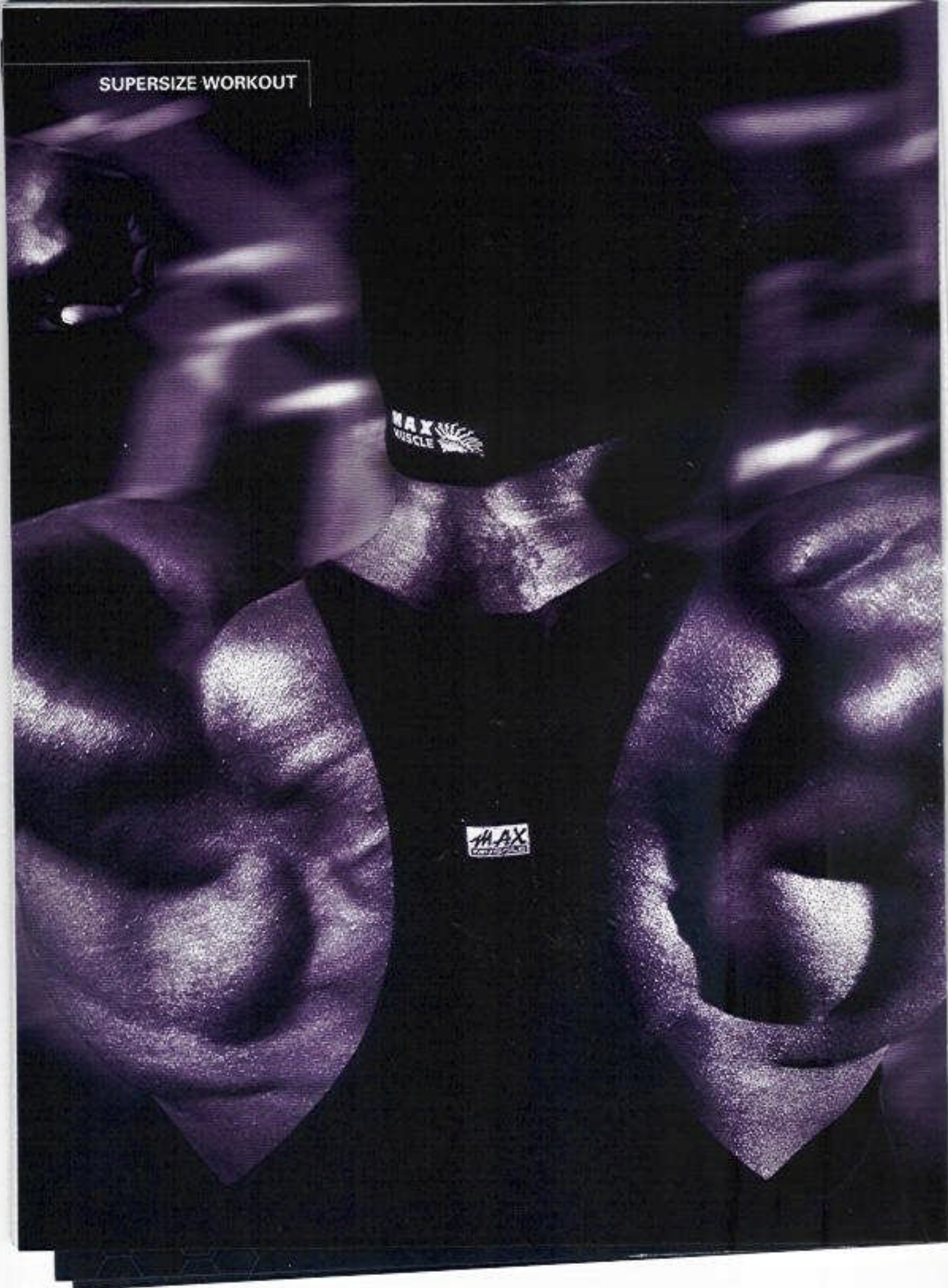


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SUPERSIZE WORKOUT





# GO WIDE

Your key to broad shoulders and a V-taper physique

by John Platero, C.P.T., R.T.S. • opening photo by Sarah Wauters

**W**hen people refer to shoulders, they are actually referring to the deltoids. The problem is the deltoid is composed of three different parts, or heads, which don't always work together in the same exercise.

In muscle physiology, we refer to the deltoids as primarily a fast-twitch muscle. A fast-twitch muscle likes to be trained a certain way. For those of you who are not familiar with the term fast twitch, let me give you an elementary explanation of some muscle physiology.

Fast twitch refers to the speed of contraction of a muscle fiber. Our muscles shorten or contract when we move. When our muscles contract or shorten, they move the bones they are attached to as well. This is how our bodies move.

Fast-twitch muscles contract quickly and powerfully. Fast-twitch muscles are sometimes referred to as white fibers. These fibers are thicker in diameter than their opposite, slow-twitch fibers, and unlike slow-twitch fiber, fast-twitch fiber will fatigue rather quickly.

In essence, fast-twitch fibers like to do high-intensity, explosive activities, but unfortunately, they don't like to perform these activities for very long. It's easy to feel. Try and do 100 repetitions on a military press. Even 20 pounds will seem heavy, and chances are, you'll never make the 100 repetitions. It's not that you are weak, it's just the muscles aren't set up that way naturally.

In our daily life we rarely perform activities or hold our hands over our head for longer than a minute in a day!

For this reason, this is exactly what we're going to do for this workout. We'll train the deltoids in a way they are rarely trained. We're going to train them like slow-twitch muscles.

Before we start, we have to consider another aspect of the shoulder or gleno-humeral joint.

The three heads of the deltoid are the anterior or front head, the middle or medial head, and the posterior or rear head. The posterior deltoid rarely works at the same time that anterior deltoid works. In fact, Dorian Yates, a very successful Mr. Olympia, would always train the posterior deltoid with his lats. This is very smart.

Anytime you pull a weight, you work the posterior or rear deltoid. This is because of physics. Muscles can only contract or pull, which is why we have muscles on both sides of our bones or joints.

When the bicep pulls our hand up, it can't push it back down. The bicep can control the descent of the bone if gravity or a weight pulls it back down. However, if your hand was connected to a cable trying to pull your hand up, the bicep could not help. In that case, the triceps on the other side of the lever or bone must contract or shorten to pull the hand back down against the cable exerting upward resistance.

The shoulder works the same way. In every movement of our joints there will be an axis of rotation. When multiple joints are involved, such as the spine in a crunch, there is still an axis of rotation for each vertebra, but to the naked eye the axis of movement will occur somewhere in the middle of all the joints moving.

Based on the degree of motion, the axis can change as well. This is referred to in mathematics as an involute, which has a changing axis and radius. In most positions of the shoulder, the anterior and middle deltoid can help lift a weight, but the posterior deltoid can't. This is again

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because muscles can only pull. If the anterior deltoid and the middle deltoid are above the axis of rotation of movement, then they will be able to pull the lever upwards. The posterior deltoid might be below the axis of rotation of the movement, and if contracted or shortened would pull the weight downward.

The opposite happens when pulling. The posterior deltoid can pull a weight down but the anterior and middle joint can't help because they are situated above the axis of rotation.

In summary, we generally have to train the front and the rear deltoid separately.

Let's get started. Perform this routine for approximately eight to 12 weeks. Remember to always warm up first.

### Dumbbell Military Press

Choose a dumbbell you can press at least 25 repetitions. Try 25 pounds, if it's too heavy, go lighter. It's more

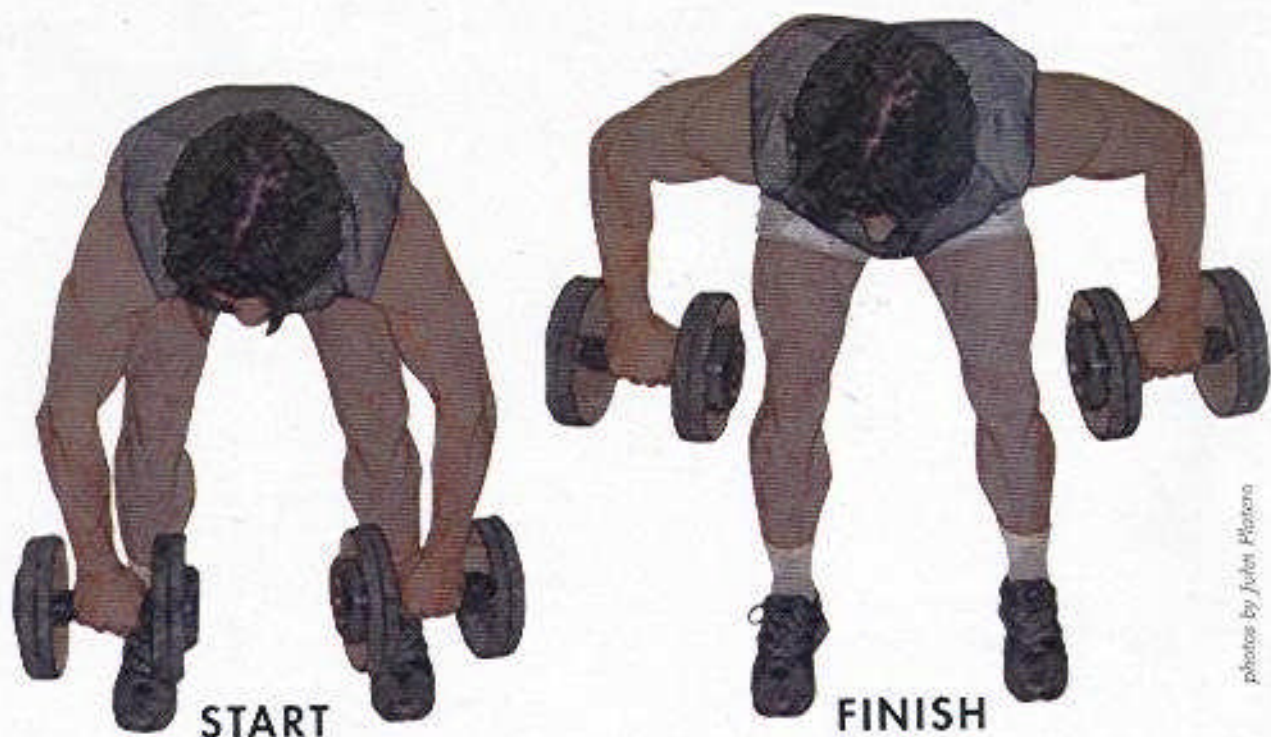
important that you perform the repetitions rather than doing a large amount of weight.

### Dumbbell Bent Over Row

Don't let go of the weights when you finish with the military press mentioned above. Immediately bend at the hip until your spine is almost parallel with the ground. Make sure the knees are slightly bent and your back is flat. Don't look into the mirror, but keep your head in alignment with the rest of your spine. Perform 25 repetitions with your elbows pointing outwards at the same level as the middle of your shoulder.

We call this the transverse or horizontal plane. Keep your wrists in line with your elbows so at the top position you're actually in a U-shaped position facing the ground. This is very important. If you can't keep your wrists under your elbow and they end up under your armpit, then exchange the weight before you start this exercise.

## BENT OVER DUMBBELL ROWS



photos by John Hansen



### Push-Ups

Again, don't let go of the weights after doing the above exercise. Put the weights on the ground and in the same position as they were when you performed the bent over row and now perform 25 push-ups.

### Lateral Raises

Stand and perform 25 repetitions with a slight bend in the knees, elbow and hip. You'll probably have to use a lighter weight.

### Dumbbell Bicep Curls

Because the bicep can flex the shoulder (lifting the arm) do 25 repetitions of bicep curls with your palms facing forwards (in the supinated position).

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**After every work out you should be ingesting quality protein and carbohydrates. You have a 30-minute window of opportunity in which you should eat. Failing to fuel your body will not only impair your energy, it will also hurt your ability to recover from your workouts and grow.**

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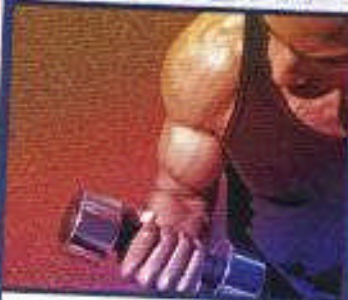
### Triceps Kickbacks

The triceps are also a shoulder extensor (in that they can pull the arm backwards). Bend over until your back is parallel with the ground, bend your knees slightly, keeping your elbows tucked into your sides, and the upper arm or humerus parallel with your body. Perform 25 repetitions. You'll probably have to use a lighter weight.

Then, repeat this routine one more time. Good luck trying to hold your cell phone or even driving home, because you might not be able to lift your arms. As you get stronger, don't diminish the repetitions, just use heavier weights. The key is the longer sets, not heavier weights.

*Want to lose weight and add muscle? Need help getting a workout program and diet together? Contact your local Max Muscle store. To locate a store near you, visit [www.maxmuscle.com](http://www.maxmuscle.com).*

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