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If you lag in the development of this group of muscles Schwarzenegger recommends doing a lot of exercises with a large number of approaches. The growth of this group of muscles are well-Super Series. For example, different presses in combination with the swings. Options:

â€¢ Bench bar, standing with his chest - alternating dumbbell swings in front of him. This Super Series affects the front part of the deltoid muscle.

â€¢ Bench bar, sitting behind the neck - Mahi dumbbells to the sides. This Super Series affects the middle part of the deltoid muscle. Each exercise is extremely to pain in the muscles. All exercises should be done on the shoulders of a clear, without cheating.

In addition to the Super Series, A. Schwarzenegger recommends a method to strip the group of muscles. After each approach should be taken less than a dumbbell weight and try to raise a few more times, briefly holding a dumbbell at the top of the movement.

And for additional work on the shoulders of A. Schwarzenegger lagging at home under the bed had a dumbbell weighing 5 kg. and every day instead of the charge made by each hand alternately swings in the supine position. These swings he carried out without interruption for five sets with each hand. In the performance of different swings with dumbbells should follow the movements of equipment: Do not drop the dumbbells all the way down and not pick up all the way up. When the swings in the late Dov approach is always to do some extra reps in half, third movement. Not bad to apply the method of isometries: lifting heavy weight, 25-30kg, hold it up to 30 seconds.

Rear deltoids A. Schwarzenegger recommends that more attention and begin training on the shoulders with this part. There are well combined in the Super Series traction dumbbells in the slope of diverting the elbows to the sides of dumbbells and swings in the slope.

Pectoral muscles

At the initial stage of A. Schwarzenegger recommends that you bench press, dumbbell divorce, sweater on a flat bench, and only later include the bench press barbell and dumbbell breeding on an incline bench.

It is necessary to emphasize push rods, lying on an incline bench, head up, allowing the elaboration of the upper part of the chest that often lags behind in its development. For a higher level of training Schwarzenegger recommends the use of such Super Series:

â€¢ bench press.

â€¢ Cross-block.

This Super Series provides a good quality of middle and lower chest muscles, produces relief and separation of the muscle groups, then we recommend Super Series, combining exercise on upper and lower part of the pectoral muscle.

â€¢ Bench bar at an angle, head up.

â€¢ Dips with weight at the waist.

Super Series gives a good effect, combining exercises for pectoral muscles and back muscles. Arnold offers the Super Series, combining these muscle groups:

â€¢ Bench bar, lying on a horizontal bench experimentally.

â€¢ Pulling up on the bar.

â€¢ Divorces dumbbells while lying on a horizontal bench experimentally.

â€¢ Thrust rod in the slope.

The basic exercise for the pectoral muscles - the bench press on flat bench - A. Schwarzenegger proposes to achieve greater effect, to carry out three quarters of motion, ie does not stretch their hands to the end. If it is necessary to study the central part of the chest, you need to take an average or a bit of grip is average, straighten arms completely and at the end of the movement to keep them straight for a few seconds, trying to squeeze the bar as it were.

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