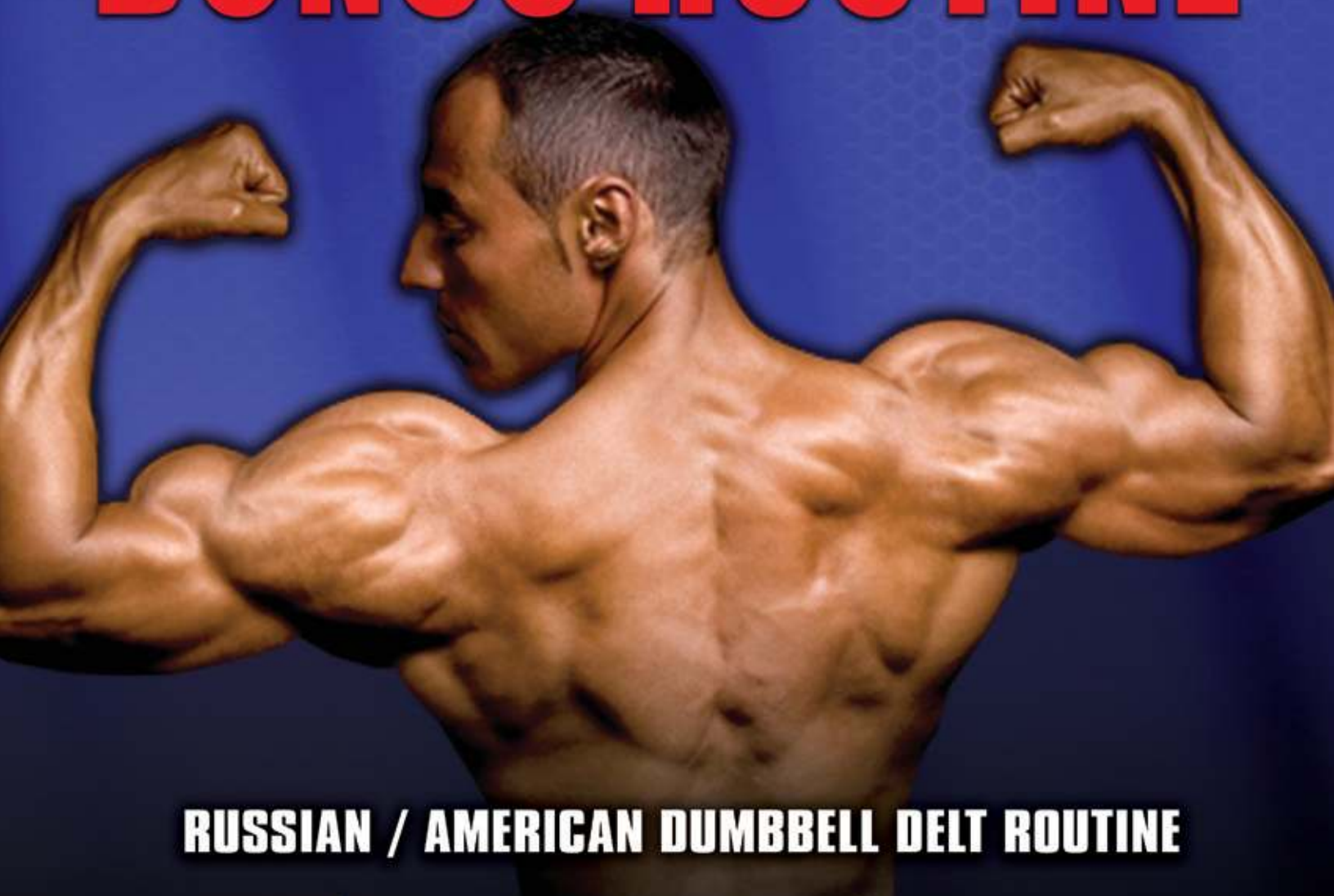


# SHOULDER SPECIALIZATION BONUS ROUTINE



**RUSSIAN / AMERICAN DUMBBELL DELT ROUTINE**

 **CRITICAL BENCH**.com  
By Mike Westerdal, CPT

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**Russian / American Dumbbell Delt Routine**

by Mike Westerdal

Here's a dumbbell workout that will fire bomb your deltoids into new growth. I'll give you a description of the exercise first and then the set(s) and rep(s) scheme.

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## Russian Seated Alternate Dumbbell Press

**Sit on the floor** with the legs outstretched and semi-spread apart. Brace your lower back securely against the end of a stationary flat exercise bench. Reach down and pick up a (previously placed) dumbbell in each hand.

Clean them to the shoulder start position of the press overhead. While holding the dumbbells, with a palms forward grip, in the start position of the press, rotate and pull the shoulders back as if standing at attention. This subtle move helps to eliminate shoulder pain usually associated with this exercise. Also contract the thigh and ab muscles and you are ready to begin an 8 step process. Take a couple of deep breaths. Hold the second breath and...

**1. Press the left dumbbell** to an arm-extended position overhead. At two-thirds of the way to lockout forcefully expel the air from your lungs.

**Breathe in and...**

**2. Press the right dumbbell** to an arm extended position overhead, expelling the air from the lungs.

**3. Lower the left dumbbell** down to the shoulder start position.

**Breathe in, and without pause...**

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4. Press the left dumbbell to arms length overhead while breathing out.

5. Lower the right dumbbell to the shoulder start position.

**Breathe in and without pause...**

6. Press the right dumbbell to arms length overhead.

7. Left dumbbell — Follow steps 3 and 4

8. Right dumbbell — Follow steps 5 and 6

The Russian Alternate Dumbbell Press Overhead, maintains maximum tension on the deltoid complex because one arm is always in an overhead top contracted static rest position while the other one lowers and presses up again. In the regular Alternate Dumbbell Press Overhead, when one dumbbell is being pressed overhead, the other dumbbell is at the shoulder rest position and as a result there isn't as much tension on the deltoids.



Another way to make the Russian Alternate Dumbbell Press Overhead even effective for stimulating the middle delts, is to make sure that the palms face

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forward, the elbows are out to the sides and most importantly that the little finger side of the dumbbell is higher than the thumb side of the dumbbell.

*(Keeping the little finger side of the dumbbell higher than the thumb side of course requires taking an off center grip on the dumbbell handle with the little finger snug against the inside plate. The off center grip as described works very effectively on Flat Dumbbell Bench Presses, keeping maximum tension on the pec's where it belongs and not on the triceps).*

Alternate reps as described (where one arm is always in the top contracted 'rest' position) can also be used on Dumbbell: Bench Presses, Flyes (incline, flat or decline position) for the chest, Lateral Raises for the delts and 2-Arm Alternate Dumbbell Rows for the lats.

Once you get accustomed to the lower back / bench supported version of the Russian Alternate Dumbbell Press, increase the difficulty of exercise by eliminating the bench support altogether. Doing this will put some demands on the body core and further round out your deltoid development.

Determine what you can do for a maximum 8 repetition set in the Russian Seated Alternate Dumbbell Press. Let's assume it to be 60-pound dumbbells.

Based on the 60-pounds X 8 reps strategically position (where you will be sitting) four pair of dumbbells in 10-pound increments from the lightest to the heaviest: 30's, 40's, 50's and 60-pounders.

You will (after a warm-set of 10-pounds X 20 reps) do 3 series of 3 different rep schemes. Within each series perform one set after the other, with absolutely no rest. You will only rest between series.

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SERIES ONE:	SERIES TWO:	SERIES THREE:
30 X 8	60 X 6	30 X 4
40 X 8	50 X 6	40 X 4
50 X 8	40 X 6	50 X 4
60 X 8	30 X 6	60 X 4
Rest-Pause 3 Minutes	Rest-Pause 3 Minutes	

If you have anything left in the gas tank after doing the above three series you can always finish off this delt workout with the...

## **5x10x5 Standing Dumbbell Lateral Raise**      5 Sets x 20 Reps

Beginning with the dumbbells held behind your back (with all 4 parts of the dumbbells parallel to each other and touching) do 5 sets of 20 reps in the following unique sequence: Each set do 5 full range of motion reps, 10 partial-reps (constant tension 6-8 inch movements) and finish off with 5 full range of motion reps.