

Build Big Shoulder Muscles To Get V Shaped Upper Body - Big Deltoid Muscle

Most people think that in order to get that V shaped upper body like comic book super heroes, they only have to develop big broad back muscles and lats. Well, by having broad back muscles and well developed lats is only part of the equation to get a V shape upper body. For complete V shape upper body development, you will also need to build a powerful chest, big strong shoulder muscles or commonly called deltoids or delts for short and a slim waist.

We shall discuss how to build big shoulder muscles in this article. You see, you may have a wonderful six pack abs or well defined chest muscles, but when you are in your street clothes, no one can see them. But if you have that massive V shape with bulging shoulder muscles, your body frame will tell the world that under those clothes is a well defined body of a gym warrior.

As with building any muscles in your body, intensity is the key to building big deltoids. Your shoulder muscles are made up primarily of the anterior deltoid (front delt), medial deltoid (middle delt) and posterior deltoid (back delt). All 3 parts of your shoulder muscles must be targeted to build well defined and big strong deltoids that threaten to burst through your shirt. The problem here is that most people do not know that they must work on all 3 shoulder muscles and do most shoulder workouts by just concentrating on the anterior delts with exercises such as military press. Furthermore, working only on anterior delts could lead to over training your shoulder muscles because many other exercises like the bench press, dips and push ups also recruit shoulder muscles for its movements.

You should be careful when working on your shoulder muscle exercises as your shoulders joints are very susceptible to injuries and therefore proper form in executing the exercises is crucial. Don't let bad exercise form cause you injuries that may be permanent and put you out of the gym forever. One common injury prone exercise is the narrow grip upright row. Although this is a great trapezius and shoulder muscle exercise, it should be avoided because this exercise invokes unnatural and awkward shoulder joint movement.

So what exercises are good for building big strong deltoids? Well, besides the military presses, try Arnold Press, Lateral Raise, Bent Over Lateral Raises, Shoulder Width Upright Row and Shoulder Cable exercises. Ask your personal trainer or read up on how to perform these exercises in excellent form for great shoulder muscle development.

Remember that you must also develop other aspects such as a big broad chest, wide back muscles and flared lats as well as a slim waistline to get that much coveted V shaped upper body.

Source: <http://www.articlecircle.com>

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