

The Vince Gironda File

DELTS

THE LATERAL HEAD

The most overworked muscle is the Front Deltoid (presses); bringing out this aspect of the Deltoid does not add to your width - it only makes you look thicker! How do you develop the Lateral head of the Deltoid? Lateral raises. However, lateral raises improperly performed develops Front Deltoid. The proper way to bring out the Side Strand is to start the Lateral Raise touching the dumbbells in front of the thighs with all four bells touching; elbows slightly bent and raise to the side, keeping the weights in front of the body all the way up to ear level (no higher). Now, for the most important part of the movement: The Front Bell must be lower than the Rear Bell. If the Front Bell is higher you are working the overworked Front Deltoid again. Remember, all bench presses and dumbbell work with dumbbells held with palms facing the lower body are 90° Front Deltoid.

Another aspect of Laterals is to round your shoulders forward and also use your elbows as a concentration point. In other words, lead with your elbows - - and last, but not least - - keep your knees slightly bent during the performance of this exercise. And always work in front of a mirror to catch any flaws in your performance.

CREATE AN ILLUSION

or Cosmetic Bodybuilding

People always (upon meeting me at the bench) remarked, "I thought you were six feet tall from a distance". This concept is one I train by. Achieve a longer-looking leg, diminish the hips, appear to have a smaller waist line, and accentuate the look of wider shoulders, back and chest. How do you do this? Easy. choose the portion of each of the muscles that the average bodybuilder does not take notice of. The next step is to set up a program to work these muscle parts within the confines of each individual's recuperative processes - PLUS food combinations that help REPAIR MUSCLE TISSUE!

Proportioning a muscle requires that you work one exercise only per muscle. Because we are going to bring out a single PORTION of each muscle we will work on. So, we need all your strength and energy to maximally work each selected PORTION. Also, we need to recuperate from each work-out 100% for fast GROWTH. Everybody knows the Preacher Stand brings out the low fibers of the Bicep along with the Brachialis Anticus producing a longer, less knotty Bicep. Well, you can do the same for the Triceps by laying supine on a bench with a Barbell 11" wide. Grip and let the Bar curl to the UPPER CHEST and forceably slow CURL BACK & UP IN AN ARCH until the Bar ends UP OVER THE CHEST. This was Scott's only TRICEP EXERCISE. Next, stop working Front Deltoid with presses of all kinds and start pulling out the side or lateral strand of your delts with Lateral DB Raises. Touch all four bells in front of your upper thigh with your elbows slightly bent and raise up as high as your ears with the rear bell higher than the front bell (think of pouring water out of the front of