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## Why No Front Raises for Shoulder in this routine?

Posted by abhinav1singhal - 2008/06/17 13:05

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Hi All,

We all know that for shoulder generally we do

1. Back raises
2. lat raises
3. Front raises.

I saw first two in the DVDs and the routine, however didn't find any similar exercise like from raises for shoulders.

Am I missing anything on this or is there any reason behind this?

would be glad to know the answer.

Regards,  
Abhi

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## Re:Why No Front Raises for Shoulder in this routine?

Posted by Les - 2008/06/17 15:31

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i don't know what the rational is but in phase 2 you do lateral for shoulders.

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## Re:Why No Front Raises for Shoulder in this routine?

Posted by Storm - 2008/06/17 16:08

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In the shoulders and arms video you do what I think he calls deadlift raises. This also works the front part of the shoulders.

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## Re:Why No Front Raises for Shoulder in this routine?

Posted by Tater - 2008/06/18 12:00

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I am doing the lean version and day 2 of phase 1 is Shoulder and Arms. In that we do "In & Out Straight-arm Shoulder Flys" and "Two-angle Shoulder Flys" as well as "Alternating Shoulder Presses". We do 2 sets each of these.

I believe this is the #3 DVD.

Thanks  
Tater

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## Re:Why No Front Raises for Shoulder in this routin

Posted by he4dhuntr - 2008/06/18 12:10

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Ya I was just about to say... In the Shoulders & Arms workout in the bonus round you do the in & out straight arm shoulder raises. These are front and side, or is that not what you were talking about?

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## Re:Why No Front Raises for Shoulder in this routin

Posted by Les - 2008/06/18 15:10

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good call on the In and out  
I've always wondered why something so basic for shoulders workout is in the bonus round

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## Re:Why No Front Raises for Shoulder in this routin

Posted by abhinav1singhal - 2008/06/19 09:57

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yes,  
U all r right. Even I realised that this was in Bonus round, but why is it in bonu :)..anyways

I have one more question..  
The Two Angle Shoulder Flys are very tough to do..while sitting.  
I used to do Lateral raises with 15 lbs very easily, now I am finding this very hard and have switched to 10 pounds weight. Any thoughts why is it so?

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## Re:Why No Front Raises for Shoulder in this routin

Posted by he4dhuntr - 2008/06/19 11:13

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Maybe you weren't doing them properly or with the right form before? Or you could have been doing them earlier in your workout as opposed to at the very end, meaning your muscles were less tired? Or if you haven't worked out for a while and are just restarting now, maybe your muscles have lost some of their strenght that they had before. That's what happens to me when I take a few months workout hiatus and then go back and think I can curl and bench the same weight as I was going when I was working out regularly. Anyway, just use a weight that works for you and don't worry about how many lbs it is or how it compares to what you could do before. As long as it's working for you, that's all that counts.

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## Re:Why No Front Raises for Shoulder in this routine?

Posted by Storm - 2008/06/19 12:52

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As he4dhuntr noted, a good probability is form. It's much easier to cheat (I'm not using that in a negative sense) and use the body while standing rather than sitting. It can even be unconcious - it takes very little movement in the body to provide a big help to the exercise. You may not even realize you're doing.

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## Re:Why No Front Raises for Shoulder in this routin

Posted by Les - 2008/06/19 18:18

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abhinav1singhal wrote:

I have one more question..  
The Two Angle Shoulder Flys are very tough to do..while sitting.  
I used to do Lateral raises with 15 lbs very easily, now I am finding this very hard and have switched to 10 pounds weight. Any thoughts why is it so?

you lose the strength you get from you legs while seated, as everything comes from your lower back. it's like throwing a punch from your seat versus throwing a punch standing.  
but don't worry you'll get up in weight pretty soon

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