

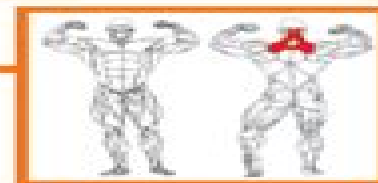
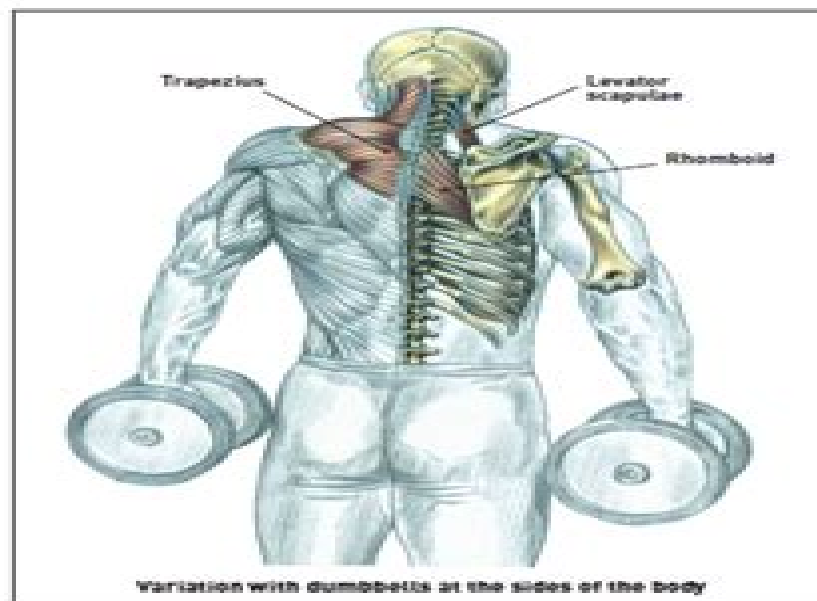
TRAPEZIUS EXERCISES

SHRUG

CHARACTERISTICS: This is an isolation exercise for the upper-trapezius muscles. It can be done unilaterally with dumbbells or on a machine.

DESCRIPTION: Stand with your arms alongside your body, and grab a long bar [1] or two dumbbells; you may also use a shrug machine. Raise your shoulders as high as possible, as if you were trying to touch your trapezius muscles to your ears [2]. Hold the contracted position for 1 second before lowering your shoulders. The stretch should be at its maximum without causing any cracking noises in your neck [these noises happen when the cervical vertebrae move slightly].

HELPFUL HINTS: Do not bend your arms at the start of the exercise. However, at the top of the movement, you can pull gently with your biceps so that you can raise your shoulders a bit higher.



VARIATIONS

1 You can place dumbbells in front of you, behind you, or even at the sides of your body in order to change the angle of attack on the trapezius muscles. The following combination will tire out the trapezius muscles in a short amount of time: Begin the exercise with your arms slightly behind you, using a pronated grip (thumbs facing each other). At failure, bring your

The Strength Training Anatomy Workout II

Wolfgang Guggemos

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the author's name.

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