

best shoulder exercises reddit

best shoulder exercises reddit is a frequently searched topic among fitness enthusiasts seeking effective workouts for shoulder development and strength. Reddit communities, known for their diverse and practical advice, often share valuable insights into the most efficient shoulder exercises. This article compiles the top recommendations from Reddit users, focusing on exercises that target all parts of the shoulder muscles including the anterior, lateral, and posterior deltoids. In addition to exercise selection, the discussion includes proper form, variations, and tips to avoid injury. Whether the goal is muscle hypertrophy, endurance, or functional strength, these exercises offer comprehensive coverage for balanced shoulder training. The following sections break down the best shoulder exercises recommended on Reddit, categorized by type and purpose, to help create an optimized workout plan.

- Top Compound Shoulder Exercises
- Effective Isolation Shoulder Exercises
- Bodyweight Shoulder Exercises
- Common Mistakes and Injury Prevention
- Reddit User Tips for Shoulder Training

Top Compound Shoulder Exercises

Compound shoulder exercises engage multiple muscle groups simultaneously and are essential for building overall shoulder mass and strength. These movements typically involve the deltoids, traps, and sometimes the triceps and upper chest, making them highly efficient for progressive overload and functional strength development.

Overhead Press Variations

The overhead press is widely regarded as one of the best shoulder exercises reddit users recommend due to its effectiveness in targeting the anterior and lateral deltoid heads along with the triceps. Variations include the barbell overhead press, dumbbell shoulder press, and seated or standing positions. The standing barbell overhead press also engages the core and lower body for stability.

Push Press

The push press is a dynamic compound movement that allows the use of heavier weights by incorporating a slight leg drive. This exercise is praised on Reddit for its ability to build explosive shoulder strength and power. It primarily targets the deltoids while also recruiting the triceps and upper chest.

Arnold Press

Named after Arnold Schwarzenegger, this dumbbell-based overhead press variation involves rotating the palms during the press to engage all three heads of the deltoid muscle more effectively. The Arnold press is a popular choice on Reddit for adding shoulder size and improving muscular balance.

Effective Isolation Shoulder Exercises

Isolation exercises focus on a specific part of the shoulder, allowing for targeted muscle development and correction of imbalances. These exercises are essential for shaping the deltoids and enhancing shoulder definition.

Lateral Raises

Lateral raises are the cornerstone isolation exercise for the lateral deltoid head, contributing significantly to shoulder width and aesthetics. Reddit users emphasize strict form to avoid momentum and ensure maximal deltoid engagement. Dumbbells are the most common tool, but cables and resistance bands are also effective.

Rear Delt Flyes

To develop the often neglected posterior deltoid, rear delt flyes are highly recommended. Performing this exercise with dumbbells or on a reverse pec deck machine helps improve posture and shoulder stability. Reddit contributors frequently highlight the importance of controlled movements to target the rear delts properly.

Front Raises

Front raises isolate the anterior deltoid and can be performed with dumbbells, barbells, or cables. This exercise is beneficial for enhancing the shoulder's front profile and improving pressing strength. Reddit discussions often suggest incorporating variations such as plate raises or alternating arms for muscle activation diversity.

Bodyweight Shoulder Exercises

Bodyweight shoulder exercises are excellent for those without access to equipment or looking to improve functional strength and endurance. These exercises can also serve as warm-ups or supplementary movements in a shoulder workout routine.

Pike Push-Ups

Pike push-ups mimic the overhead press movement pattern using body weight and are widely praised on Reddit for building shoulder strength and stability. By elevating the hips and positioning the body in an inverted V shape, this exercise targets the deltoids effectively while also engaging the triceps and upper chest.

Handstand Push-Ups

Handstand push-ups are an advanced bodyweight exercise that significantly challenges the shoulder muscles, particularly the anterior and lateral deltoids. Reddit users highlight this exercise for its ability to build impressive shoulder strength and balance but recommend mastering the pike push-up first to prevent injury.

Wall Walks

Wall walks are a dynamic bodyweight movement that improves shoulder mobility, stability, and endurance. By walking the feet up a wall while walking the hands closer, the shoulders undergo a controlled isometric and concentric contraction, making it a favored warm-up or rehabilitation exercise on Reddit.

Common Mistakes and Injury Prevention

Proper technique is crucial when performing shoulder exercises to maximize gains and minimize injury risk. Reddit users often discuss common pitfalls and strategies to maintain shoulder health throughout training.

Overloading Without Proper Form

One frequent mistake is attempting heavy lifts without mastering form, which can lead to rotator cuff injuries or impingement. Gradual progression and focusing on controlled, full-range movements are essential to safe training.

Neglecting Warm-Up and Mobility

Skipping shoulder warm-up and mobility drills can result in stiffness and increased injury risk. Incorporating dynamic stretches, band pull-aparts, and light rotator cuff exercises before heavy lifting is widely recommended on Reddit.

Imbalanced Training

Focusing disproportionately on front deltoids while neglecting rear delts and traps can cause muscular imbalance and postural issues. A balanced routine comprising all heads of the deltoids, traps, and scapular stabilizers is critical to shoulder health.

Reddit User Tips for Shoulder Training

Insights from Reddit communities provide practical tips to enhance shoulder workouts and maintain consistent progress.

- **Prioritize Form Over Weight:** Emphasize technique to ensure muscle engagement and prevent injury.
- **Incorporate Variety:** Mix compound and isolation exercises to target all shoulder regions effectively.
- **Use Progressive Overload:** Gradually increase resistance or volume to stimulate muscle growth.
- **Include Recovery:** Allow adequate rest and use mobility exercises to avoid overuse injuries.
- **Listen to Your Body:** Adjust workouts based on pain or discomfort signals to protect shoulder integrity.

Frequently Asked Questions

What are the best shoulder exercises recommended on Reddit for building mass?

Reddit users often recommend compound movements like overhead presses (barbell or dumbbell), Arnold presses, and lateral raises for building shoulder mass. Incorporating progressive overload and proper form is emphasized for optimal gains.

Which shoulder exercises help with improving shoulder stability according to Reddit fitness communities?

Exercises such as face pulls, band pull-aparts, external rotations, and scapular push-ups are frequently suggested on Reddit for enhancing shoulder stability and preventing injuries.

Are there any shoulder exercises on Reddit that are good for people with shoulder pain?

Reddit users often recommend light rotator cuff strengthening exercises like internal and external rotations with resistance bands, scapular retractions, and avoiding heavy overhead pressing if experiencing shoulder pain. Consulting a professional is also advised.

What is the best way to incorporate lateral raises into a shoulder workout as per Reddit advice?

Many Redditors suggest performing lateral raises with controlled form, moderate weight, and higher reps (12-15) to effectively target the medial deltoid without risking injury, often as a finisher after compound lifts.

How can I prevent shoulder injuries while doing shoulder exercises, based on Reddit discussions?

Users frequently recommend warming up thoroughly, focusing on rotator cuff and scapular stabilization exercises, avoiding excessive ego lifting, and maintaining proper form to prevent shoulder injuries during workouts.

What are some effective home shoulder exercises shared on Reddit without equipment?

Reddit fitness communities suggest bodyweight exercises such as pike push-ups, wall handstand holds, scapular push-ups, and resistance band exercises for effective shoulder workouts at home without heavy equipment.

How often should I train shoulders according to recommendations on Reddit?

The consensus on Reddit generally recommends training shoulders 1-2 times per week, allowing adequate recovery, and balancing volume to avoid overtraining while maximizing muscle growth.

Additional Resources

1. *Ultimate Shoulder Workouts: Reddit's Top-Rated Exercise Routines*

This book compiles the most effective shoulder exercises shared by fitness enthusiasts on Reddit. It covers various workout plans tailored for strength, hypertrophy, and injury prevention. Readers will find detailed instructions, tips, and community-tested routines to maximize shoulder gains.

2. *Shoulder Strength Secrets: Insights from Reddit Fitness Communities*

Explore the collective wisdom of Reddit's fitness communities focused on shoulder training. This guide breaks down the anatomy of the shoulder and explains which exercises target each muscle group. It also addresses common mistakes and how to avoid injuries during training.

3. *Reddit's Best Shoulder Exercise Library: Techniques and Tips*

A comprehensive catalog of shoulder exercises curated from Reddit threads, this book includes variations for all fitness levels. With step-by-step guides and user testimonials, it empowers readers to customize their shoulder workouts effectively. Bonus sections cover warm-ups and recovery strategies.

4. *Building Bulletproof Shoulders: Reddit's Proven Exercise Regimens*

Learn how to develop durable, strong shoulders with routines favored by Reddit's fitness experts. This book emphasizes functional strength and mobility alongside muscle growth. It also features advice on integrating shoulder training into full-body workout plans.

5. *Shoulder Gains: Reddit's Community-Backed Exercise Strategies*

Focused on muscle growth and definition, this book highlights exercises that have received the most positive feedback on Reddit. It includes progressive overload techniques and programming tips to help readers achieve consistent progress. Nutritional advice for shoulder health is also discussed.

6. *The Reddit Guide to Shoulder Rehabilitation and Strengthening*

Perfect for those recovering from shoulder injuries, this guide compiles rehabilitation exercises recommended by Reddit's medical and fitness communities. It balances safe strengthening routines with mobility drills. Readers will find advice on when to return to heavy lifting and how to prevent re-injury.

7. *Shoulder Sculpting: Reddit's Favorite Exercises for Toned Delts*

This book focuses on building aesthetically pleasing shoulders with exercises that sculpt each delt head. It features high-rep and isolation movements popular among Reddit users. Additionally, it covers workout splits and accessory exercises to enhance shoulder shape.

8. *Reddit's Shoulder Workout Challenges: Push Your Limits Safely*

Challenge yourself with shoulder workout programs designed by Reddit fitness enthusiasts to push strength and endurance. The book includes weekly challenges, progress tracking tools, and motivational tips. Safety precautions and proper form guidance are emphasized throughout.

9. *Functional Shoulder Training: Reddit's Approach to Mobility and Strength* Discover exercises that improve shoulder function, stability, and range of motion as endorsed by Reddit fitness communities. This book integrates mobility drills with strength training for balanced shoulder health. It is ideal for athletes and anyone looking to enhance shoulder performance in daily activities.

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The Only Shoulder Workout You Will Ever Need Weight training is a very thought out process that requires knowing which exercises are not only going to strengthen your muscles, but which ones will also add on to your muscle size. The same is true when it comes to working out your shoulders. You may think that by working out your arms, chest, and upper back your shoulders will automatically be affected. This just is not true. Not only do your genetics play a role in how big your muscles can actually get, but like any other part of your body specific workouts must be applied to the area. Inside Grant Michael's shoulder workout guide, you will get 11 great exercises that are specifically for toning and building your shoulder muscle mass. You will never look back once you fully understand how your body is impacted by each and every exercise you perform. How Will This Book Help You Increase Your Shoulder Muscle Mass? Grant has put together an extremely detailed illustrated guide specialized in weight training for your shoulders. These 11 exercises will not only focus on the specific deltoid muscles located in the shoulders, but also on the areas surrounding them and the full body. This is to help you ensure that your overall physique is in sync. For example, muscles that will be targeted in this guide besides those located in the shoulder include: Quadriceps Hamstrings Gluteal Abdominal Back Triceps Not only will you get an even workout, but you will learn how to increase your muscle size through safe and recommended methods. You will be taught how to master top-of-the-line weight training exercises that people at the top of their field perform. Why Do You Need a Workout Focused on Your Shoulders? Weight training is a very specific type of working out. The main goal is to obviously build weight onto your body, and when adding this weight you want it to be evenly distributed throughout your muscle mass. Often the shoulders will be overlooked because the trainer thinks that they will automatically be affected from the other exercises. The shoulders are actually the most moveable joints in the body. This makes them very unstable if the muscles, ligaments, and tendons surrounding them are not strengthened. Since your shoulders are involved in the many daily movements that you make with your upper body, it is important to make sure that they have as much attention during your exercise as the rest of your body. What You Should Take Away from This Book When the shoulders are in top shape subsequently so are all areas that are attached to them instead of the other way around. Anyone who has ever suffered from a shoulder injury knows just how important this part of the arm and upper body is. However, with these exercises you will not end up with widely disproportionately shoulder

muscles either. Instead you will use the weight training contained within to expand on the strength and size of your shoulders while simultaneously keeping them even with the rest of your body's size.

best shoulder exercises reddit: Build Your Shoulders the Vince Gironda Way Greg Sushinsky, 2018-12-06 Build Your Shoulders the Vince Gironda Way There's great interest in the methods of legendary bodybuilding trainer Vince Gironda. And why not? Although his teaching was complicated at times, Vince was a practical man. What interested him most was building muscle and sculpting fabulous physiques. So, with that in mind we've constructed a practical course very much along those lines. This shoulder-building course features many of the ideas and principles of Vince Gironda put into action. The workouts, though, are mostly new. In this handy, power-packed book, you will find out: >> the best exercises to develop wide, massive, defined shoulders (the exercises aren't the ones you might think) >> applying "Vince Anatomy" for super shape and size >> using exercise form and technique for maximum gains >> workouts for continual progress >> the best ways to use intensity >> new applications of classic Vince techniques This volume, written by an experienced natural bodybuilder and trainer who has spent years researching, using and experimenting with Vince's methods, brings you insights and clear explanations and even new ways of applying these methods for fast, sensational gains. This volume features over a dozen workouts, which bodybuilders of any level can tap into and use. There are clear explanations of the exercises, how to do them, but more importantly, why you should do them. Natural bodybuilders especially will benefit from this book. If you have struggled with conventional training and have mediocre results, this shoulder-building course may be just the thing you're looking for to break through to greater gains. This book is another in the smash-hit series of Vince Gironda-inspired muscle group training books. Get onboard with the Vince Gironda way to build your best shoulders ever!

best shoulder exercises reddit: The Best Shoulder Exercises You've Never Heard Of Nick Nilsson, 2012-05 If you've reached a plateau in your workout and your training routine has become stale and boring, it's time to shake things up. The Best Shoulder Exercises You've Never Heard Of is the essential workout guide for anyone looking to find new shoulder exercises, get stronger and train more efficiently. You'll find some of the most unique shoulder exercises ever created. Each exercise is expertly demonstrated with photographs, detailed instructions, tips and tricks on how to incorporate the exercises into your workout and how to avoid common errors. This book will help you break through plateaus and get the most out of your workout at all times.

best shoulder exercises reddit: Chest and Shoulders Joe Weider, 1984-01-01

best shoulder exercises reddit: Muscular Arms and Shoulders Harry B. Paschall, 2012-06-01 I wish I could state boldly that this book is written by the 'World's Foremost Authority on Physical Culture', but I am afraid to make such a categorical statement. After all, I have only been a student of body building and weight lifting for forty years. A lifetime is not long enough to learn all there is to know about this vital subject. So I shall merely say that the contents of this book represent what one man has learned through close association with the leading men of muscle, through practical, realistic shoulder-to-shoulder workouts in the world's leading training centres. The impractical methods have been weeded out, and this brief work gives you the gist of accepted practice of the present-day stars. I believe firmly that anyone who puts this information to practical use will be able to develop strong, shapely and perfectly muscled arms and shoulders. It may be of some small comfort to other muscleheads to know that the author is still as much in love with barbells and dumb-bells as he was forty years ago, and still uses them regularly and happily. - HARRY B. PASCHALL A must have in your physical culture library. Visit our website and see our many books at PhysicalCultureBooks.com

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beginners. Inside, you'll learn: □ The real benefits of shoulder exercises-even if you sit at a desk all day □ A gentle warm-up routine to protect your joints □ Bodyweight-only moves that are easy to follow at home □ Tips to improve shoulder flexibility and posture □ How to create your own simple workout plan □ When to push forward-and when to rest □ Motivation strategies to help you stay consistent □ Clear answers to common beginner questions Each chapter is designed to keep things clear, easy to follow, and beginner-friendly. You don't need expensive gear or a personal trainer-just this guide, your body, and a little motivation. If you're ready to take charge of your shoulder health, improve your upper body strength, and feel more confident in your movement, this book is for you.

best shoulder exercises reddit: *The Complete Book of Shoulders and Arms* Kurt Brungardt, 1997-05-15 For men, broad shoulders and muscular arms are the archetype for strength and power. For women, the sagging underarm is one of the most common trouble spots. For both, defined deltoids make the waist appear smaller and separate the arm from the shoulder, creating an athletic and healthy look. Body-conscious modern fashions make training the shoulders and arms a priority for everyone. The Complete Book of Shoulders and Arms is the definitive resource to train these muscles safely. Each exercise is illustrated in detail, ranked for difficulty, flagged for lower-back risk and accompanied by explicit instructions and specific training tips to achieve optimal results. The exercise routines are based on the most current research in sports medicine/exercise physiology and were created by top strength coaches, athletes, personal trainers, exercise physiologists, doctors, physical therapists and nutritionists. Programs are designed for everyone from the novice to the advanced enthusiast, for the corporate executive with time-crunched schedules and for the senior concerned with wellness.

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best shoulder exercises reddit: *Broad Shoulders* Bob Hoffman, 2012-12-09 Find other classic strength books at www.Strongmanbooks.com Bob Hoffman was probably the man most responsible for bringing weightlifting to the masses with his York Barbell Company. Broad Shoulders is one of a series of large books that dives deep into the strength and muscle development of one area of the body. If you're looking to increase your shoulder size and strength look no further than here. With over 200 pages you'll find tons of exercises, workouts, insights and more. This book covers barbells, dumbbells, cables, muscle control, bodyweight exercises, and more. Chapters include: I. You Should Build Broad Shoulders II. Broad Shoulders Always Admired III. Overcoming Round Shoulders IV. Controlling the Muscles of the Shoulders V. Feats of Shoulder Strength VI. Why the Shoulder Muscles are so Important VII. What Others say about Deltoid Development VIII. Broad Shouldered Men IX. The Anatomy of the Shoulder Girdle X. The Muscles of the Shoulders XI. Building Your Shoulders XII. Leverage Movements XIII. Repetition Exercises XIV. Combination Movements XV. Special Shoulder Developing Exercises XVI. Favorite Exercises of Champions XVII. Stories of Shoulder Strength XVIII. Broadening the Shoulders with Expanders XIX. If Your Time is Limited XX. Shoulder Broadening Hints Loaded with pictures of the famous strongman of the era this is a must for your collection. From the introduction: Broad shoulders are always admired. There probably isn't a man anywhere in the world who would not be pleased to have a broader pair of shoulders if he had his choice. You see proof of this around you everyday, for almost without exception the shoulders of men, and of women too, are broadened by padding of some sort. You will notice this particularly in the movies, for there the art of shoulder padding reaches the acme of perfection. The padded shoulders of the coat stand out inches beyond the arm and real shoulder which lie beneath them. When a man has narrow shoulders he has his tailor build them out as far as possible, and when he already has broad shoulders he tries to make them appear still broader than they are, by the

shoulder padding. For if there is any one feature of a man's physique which is noticed more than any other when clothed or in athletic, sport or summer clothing, it is the shoulders. People turn around to take a second look at the man with broad shoulders, perhaps unconsciously they form the impression that there is a strong, virile man, a real man. And particularly now when it is the style for every man to have broad shoulders, it is more important than ever that the man who wishes to look well should do something, should do considerable in fact, to develop his shoulders. For the most expert tailor can not build up a pair of shoulders of cotton or wooden pads which will compare favorably with the genuine article, really broad shoulders which are broad because the muscles of the shoulder girdle are well developed and as a result of regular, progressive exercise the shoulder bones have thickened and the attachments have stretched to the point where the shoulders are much broader. The man who has narrow, thin, muscle less, clothes-rack type of shoulders can only partially disguise the fact even though he employ the best of tailors. And a man does not and can not always be wearing his coat. When the coat comes off, what a sad difference in appearance is presented by most men. During the summer especially, there are more times when a man is not wearing a coat than when he is wearing it. To keep the shoulders of movie stars looking presentable their shirts must be padded too, and it is not possible for this type of star to look well when the shirt is removed. Even in very formal, particular sections of civilization there are times when a man takes off his coat.

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