Dear Friend:

Last week I promised that I could broaden your shoulders with just one simple exercise, and that's exactly what I'm going to do today.

The broad shouldered, slim-waisted man has always been an ideal in our society. For the body builder who desires a really impressive physique shoulder broadening offers the greatest potential.

There are many body-builders who claim that the shoulders cannot be broadened. To this I agree on only one point. And that is that we cannot change bone structure. The bones that make up your shoulder girdle, namely the clavicle and scapula, are fixed in size by heredity patterns and childhood growth. But, there are three other ways that we can make your shoulders broader.

First, we can increase the size of your big shoulder muscles, the deltoids. The deltoid is a good sized muscle and responds very nicely to the Body-Tone system of all-out 6 second contractions. In fact, the deltoid is bigger and thicker than any of the muscles we have worked on so far. So it is just natural that we might expect to find more sleeping fibers in it. If you can increase the thickness of the deltoids just one-half inch you will be broadening your shoulders by a full inch.

Secondly, I am going to make some of the big muscles of your back so thick and strong that they will hold your shoulders in better alignment. I'm thinking now of the trapezius, rhomboids, and levator scapulae muscles. You will learn all about these muscles and how they square off your shoulders in lesson 6. You see most people are usually a little more round-shouldered than they should be. Especially teenagers who sit with their elbows on school desks all day. Just by strengthening these upper back muscles I can broaden the average teenager's shoulders one full inch. Remember this is accomplished by pulling the shoulders back and giving them straighter, broader alignment. One typical comment that I always receive from the mothers of some of my teen-age students is that "His posture is so much improved. He walks better. He holds his shoulders back just naturally now. It makes him look much taller."

Thirdly, I can give your shoulders a broader look merely by V-shaping your upper trunk. By increasing the size of the latissimus dorsi muscles, or "lats" as they are called in body building I can make your shoulders look an extra inch broader. The latissimus dorsi is the biggest muscle of the back and one of the biggest in the body. If you reach up under your arm-pit you can grab the upper portion of it with your hand. It is the development of this particular part that makes the shoulders look so broad. Again, we will work on this muscle in one of our later lessons.

So if you can pack one inch of solid muscle on your deltoids, gain another inch by better alignment, and V-shape your upper trunk by bulking up your "lats"—you will look about 3 inches broader, although the actual gain might be only an inch, or more.
Our job today is to see if we can bulk up your deltoid muscles. So take a look at the following page. I have made several sketches of the deltoids so that you know what they look like, and how they work.

The deltoid is a large, thick, triangular muscle that covers the front, back, and side of the shoulder joint in a "cup-like" fashion. It is attached to the collar bone in front, and the upper part of the shoulder blade in back. At the side it is attached mainly to a big projection of the shoulder blade called the "acromion process."

These three points of attachment form the "origin" of the muscle. So you see the muscle is really divided into three sections. And it is not uncommon to find these three sections split into three separate muscles, each having a slightly different function. All three, however, unite in a thick tendon which is embedded in the upper, outside part of the arm bone.

The deltoid is a very coarse muscle with tough fibers. This is due mostly to the very strong side, or middle section. Look again at the next page. In the upper right hand corner I have made a sketch of the fiber arrangement of this middle section of the deltoid. Notice that there are long tendons running through the muscle, and that the fibers form a herringbone pattern around these tendons. This arrangement of the fibers makes for the greatest possible strength in a muscle.

You also find more fibers in this type of arrangement than you do when the fibers run parallel to each other. So it is just natural that we will find more sleeping fibers in the middle section of the deltoid than we will in the other two sections. And it will be this section of the muscle that we will emphasize most in today's lesson. We will also work on the back section of the deltoid. The front part of the deltoid will be taken care of as we work on the big chest muscles in lesson 5.

But right now, let's get busy on today's exercise. I have made four sketches of this exercise to show you the correct starting position from the front and side, and followed this with the actual movement with arrows indicating the application of power. So turn to these sketches and let me explain them.

The first sketch at the upper left shows the correct starting position as viewed from the side. The arms are in a flexed, side horizontal position, with fists clenched and knuckles facing up. The head is held well back with the chin facing up toward the sky. The second sketch shows the same position as viewed from the front.

Now we are ready to start the exercise. With the head held back firmly start raising your elbows, and keep raising them higher, and higher, and higher. You will find that they will only go so high and stop, but keep trying to force them higher with all the power you can for 6 seconds—then relax, completely.

Now look at the sketch at the bottom of the exercise page and you will see how you should apply the force during this movement. Notice that the fists are forced downward as the elbows are lifted as high as possible. This is a simple exercise but one of the most result-producing ones that you will do. And just wait until you see those shoulders start popping out with new massive shapeliness.
The middle section of the Deltoid is extremely powerful because it has diagonal fibers which are attached to tendons running thru the muscle. The fibers are arranged in a "feather-like" manner around the tendons.

Here is how the Deltoid locks when doing the exercise in today's lesson.

The Deltoids give shape and form to the shoulders.

The Deltoid Muscle attaches to

The shoulder blade in back
The Collar bone in front

It is a cup-like muscle that sits over the whole shoulder joint.
Don't hold the arms too far forward when doing this exercise. In fact your elbows should be pointing to the sides at all times as shown in the diagrams. A good way to check if you are doing the exercise correctly is to do it with one arm only as you feel the big deltoid muscle with the opposite hand. When the arm is in the correct position the muscle will feel big and wide. You will also feel ridges across the top of it.

You will find it rather easy to make each deltoid a full inch bigger with this exercise. To be perfectly proportioned the girth of your deltoid should be about one inch bigger than the girth of your upper arm. And the girth of your upper arm when fully developed should be about the same as your neck measurement.

If you have a 16 inch neck right now that means that you are capable of a 16 inch upper arm. It also means that your shoulder girth should be 17 inches. To measure the girth of one shoulder hold your arm in a side-horizontal position with the shoulder muscle in a state of contraction. Run your tape under the arm pit and up over the top of the shoulder muscle.

Now, if your deltoids are more than an inch bigger than your upper arm they will de-emphasize the upper arms and make them look smaller than they actually are. If the deltoids are the same size, or smaller than the upper arm you again lose a pleasing effect. The upper arms will look bigger than they actually are, but the deltoids will look dwarfed. So keep the deltoids about one inch bigger than the upper arms and you will achieve the utmost in symmetry and proportion.

Remember too that when you put one inch on the girth of each deltoid you are actually packing on 2 or more square inches of muscle. A pair of well rounded cup-like deltoids will make you look extra husky in a T-shirt. And wait until you see how you start filling out the shoulders of your sport coats and suits.

Yes sir, this one exercise will pay you bigger dividends than anything you have ever tried. If you want massive, broad shoulders, put your heart and soul in this one.

Next week we're going to start building up your chest to see if we can push it well above the 40" mark. And don't forget, we're still not finished with those shoulders either. There's more to come.

I hope you are still doing all the exercises we have covered so far, everyday. In the entire course we will never drop any exercises—we just keep adding.

See you next week.

Yours for a pair of broad "Life-Guard" shoulders,

Tom Buckley