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Many beginners treat these groups as one muscle, and train like they do chest, with presses, presses, and more presses. The only problem with this training approach is presses for the shoulders will heavily recruit the anterior head (front portion) with little work to the middle and posterior head (back portion) of the shoulder girdle muscles.

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Learn the basics, then follow the 10-week resistance-training plan to build size and strength! Get Started Right. A weight workout can consist of several kinds of equipment, including free weights (barbells, dumbbells, plates), machines, cables, and even some bodyweight moves.

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