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#2 RUBBER BAND BACK PRESSES

The father of modern American weightlifting and bodybuilding, Bob Hoffman, wrote in his classic book *Broad Shoulders*, "chest expanders ... could just as easily be called shoulder broadeners, for they have that effect to a superlative degree."

Get a heavy-duty chest expander such as the one available from Dr. Randall Strossen's ironmind.com. Another option is a sturdy rubber band. I recommend bands by Jump Stretch, Inc., (800) 344-3539. These are not your average neon pink things from a health club "muscle conditioning" class. Dick Hartzell, the class act who owns the company, manufactures bands that offer 25, 50, 75, 100 and even 200 pounds of resistance. No wonder they are a hit with NFL players and elite powerlifters.

Bands and expanders offer a great variety of exercises that promote size, strength and

flexibility. One of the best "shoulder broadeners" is the back press that will blast your posterior delts to pulp while improving your posture in the process.

STARTING POSITION: Hold the expander or the band across your back and tuck your elbows into your sides.

THE EXERCISE: Press your arms straight out to the sides. Force your chest out at the same time and pinch your shoulder blades together. If you have opted for a band, move your hands closer and closer together as your flexibility improves.

In a couple of weeks your shoulders will open up and square off so much, you may be mistaken for a Marine.

Recommended sets and reps: 3 x 10

