

# Rear Delt Back Exercises

self-nomination: a number of people have worked on this article to get it to its current state, which I think is up to FA standards. It has gone through peer review and is currently listed as a good article. Ari 00:31, 12 May 2006 (UTC) a110f9b4cc == Transverse forms == a110f9b4cc Movements for the posterior deltoid done in the transverse plane are also referred to by terms like rear delt fly, reverse fly, rear lateral raise, bent-over lateral raises or other variations. Other muscles that aid the posterior deltoid include the two lateral rotators of the rotator cuff: the infraspinatus and teres minor. Other muscles such as the lats and middle delts can also come into action, dependent on how the shoulder is rotated. a110f9b4cc

Wikipedia:WikiProject Military history/Assessment/2009/Promoted Thanks in advance. Anotherclown (talk) 09:24, 20 December 2009 (UTC) == Promoted ==. a GAR previously and I believe all major issues that arose have now been delt with a110f9b4cc

There are two designs of weight training machines available for this exercise. The seated lever fly machine, and the Pec Dec. The seated lever fly involves grasping two handles at shoulder height, and pushing them together while keeping the elbows at a constant angle. When using the Pec Dec machine the hands grip two handles at head height, while the forearms push against two pads at chest height. The anterior deltoids are used as synergists in both variations. The biceps brachii... a110f9b4cc Exercise - any bodily activity that enhances or logs physical fitness and overall health and wellness. It is performed for various reasons including strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, as well as for the purpose of enjoyment. Frequent and regular physical exercise boosts the immune system, and helps prevent the "diseases of affluence" such as heart disease, cardiovascular disease, Type 2 diabetes, and obesity. a110f9b4cc Thanks for the corrections, hopefully any others can be ironed out, I know the topic but am not always grammar inclined when it comes to encyclopedia type standards. -- Ari 01:15, 12 May 2006 (UTC) a110f9b4cc To execute the exercise, the weightlifter attains a prone rib cage position. This is usually done by standing and bending over, or by laying face-down on a bench. Flat is ideal, though slight inclines can also be used. The... a110f9b4cc

Machine fly Flyes are used to work the muscles of the upper body, primarily the sternal head of the pectoralis major. Because these exercises use the arms as levers at their longest possible length, the amount of weight that can be moved is significantly less than equivalent press exercises for the same muscles (the military press and bench press for the shoulder and chest

respectively). Butterfly machine fly (pec deck) start Butterfly machine A machine fly, alternatively called a seated lever fly or "pec deck" fly is a strength training exercise based on the free weight chest fly. position. As with the chest fly, the hand and arm move through an arc while the elbow is kept at a constant angle. In some machines, the seated lever can be adjusted to perform a rear delt fly exercise. Denie Walter is credited with calling it the Peck Dec back in the 1970s a110f9b4cc

In yoga, this particular pose is called Chakrasana, Urdhva Dhanurasana, or Wheel, while the Westernized nickname "Bridge pose" refers to a less rigorous supine backbend called Setu Bandha Sarvangasana, in which the body is fairly straight from knees to shoulders, and most of the bend is in the knees. a110f9b4cc Question: How do you pronounce "absinthe"? Some people say ab-sin-thay' while others say ab'-sinth (like "absent" with a lisp). Just a question. Jtmichcock 01:05, 12 May 2006 (UTC) a110f9b4cc  
 === William Sterling Parsons === a110f9b4cc

Fly (exercise) This movement is the opposite of a chest A fly or flye is a strength training exercise in which the hand and arm move through an arc while the elbow is kept at a constant angle. inverted fly (also known as a bent-over lateral raise, reverse fly, or rear delt fly) works the posterior deltoid. Flies are used to work the muscles of the upper body. Because these exercises use the arms as levers at their longest possible length, the amount of weight that can be moved is significantly less than equivalent press exercises for the same muscles (the military press and bench press for the shoulder and chest respectively) a110f9b4cc

Overhead press It is mainly used to develop the anterior deltoid muscles of the shoulder. (c) Rear delt raise (i) Shoulder press (c) Upright row (c) Biceps (front of arms) Bicep curl (i) Chin-up (c) Reverse grip push-up (c) Triceps (back of The overhead press, also known as the shoulder press, strict press or military press, is an upper-body weight training exercise in which the trainee presses a weight overhead while seated or standing a110f9b4cc

== Equipment == a110f9b4cc

Outline of exercise Military press (c) Rear delt raise (i) Shoulder press (c) Upright row (c) Forearms Wrist curl (i) Wrist extension (i) Hamstrings (back of thighs) Deadlift The following outline is provided as an overview of and topical guide to exercise: a110f9b4cc

== In strength sports == a110f9b4cc Capoeira, mixed martial arts, and wrestling. a110f9b4cc In english it's commonly pronounced ab -sinth (like 'synth' esize) where as in french it is pronounced ab -sant. -- Ari 01:15, 12 May 2006 (UTC) a110f9b4cc  
 Comment: I think that the article could use a good checking for style. I just cleaned up one section that was a little iffy (removed words like "downright," as well as some scarequotes), and a quick glance shows that the whole article could use a final cleanup.

Otherwise, it looks quite good. Exploding Boy 00:40, 12 May 2006 (UTC) a110f9b4cc

Bridge (exercise) Many variations of this exercise are employed throughout the world, most commonly the balancing of the body on the hands and the feet. It is intended to improve lower back and gluteus strength. &quot;standard&quot; variation of the bridge like with other common bodyweight exercises. The bridge hold is a static variation of the bridge exercise that involves The bridge (also called gymnastic bridge) is an exercise. Examples of bridging in sportive or self-defense applications are seen in Kung Fu, Judo, Brazilian jiu jitsu, a110f9b4cc

== Variations == a110f9b4cc Flies can be performed using any weight that can be held in the hand. The simplest equipment to use is a dumbbell, though the exercise can also be performed using a cable machine. Flies can be performed supine, sitting or standing upright. When using a cable machine, the hands and arms move through the same anatomical plane as the dumbbell version. Using dumbbells for pectoral... a110f9b4cc

Wikipedia:WikiProject Military history/Assessment/2011/Promoted &quot;: On the way back to == Promoted ==. &quot;Marching back to Vicksburg, the 29th was assigned the role of provost guard and marched at the rear of the IX Corps to gather stragglers a110f9b4cc

Rear delt raise This exercise is an isolation exercise that heavily works the posterior deltoid muscle. The movement is primarily limited to the two shoulder joints: the glenohumeral joint and the scapulothoracic joint. Scapular movement will also cause movement in the sternoclavicular joint and acromioclavicular joint. The rear delt raise, also known as the rear deltoid raise, or rear shoulder raise is an exercise in weight training. If the elbow bends during the extension exercises, it gravitates into a rowing motion. This exercise is an isolation exercise The rear delt raise, also known as the rear deltoid raise, or rear shoulder raise is an exercise in weight training a110f9b4cc

Wikipedia:Featured article candidates/Featured log/May 2006 Again, great job my friends. pain in my very soul. D. --R. See Molobo, this is how war atrocities should be delt with here on Wikipedia. NEVER FORGET. H === Absinthe === a110f9b4cc

== Equipment == a110f9b4cc The lift is set up by taking either a barbell, a pair of dumbbells or kettlebells, and holding them at shoulder level. The weight is then pressed overhead. While the exercise can be performed standing or seated, standing requires more muscles as more balancing is required in order to support the lift. Other variations of the exercise include the push press, a similar movement that involves an additional dipping motion in the legs to increase momentum. An overhead press may also be

performed unilaterally, with the lift being performed one handed; or in an alternating fashion with both hands holding a dumbbell or kettlebell, and then pressing with one arm and then the other. a110f9b4cc I think it would be a good idea to say something about the different pronunciations... a110f9b4cc

Wikipedia:Featured article candidates/Featured log/February 2009 Currently these issues have been delt with and the article has been prepared well for this == February 2009 ==. failed due to a lot of issues with the article holding it back a110f9b4cc

Due to this leverage, fly exercises of all types have a large potential to damage the shoulder joint and its associated ligaments and the tendons of the muscles connecting to it. They should be done with caution and their effects first tested while using very light weights; which are gradually incremented after more strength is gained. a110f9b4cc == Types of exercise == a110f9b4cc

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