

best rear delt exercises reddit

best rear delt exercises reddit is a frequently discussed topic among fitness enthusiasts seeking to enhance shoulder development and overall upper body strength. The rear deltoid muscles, often neglected in many training routines, play a crucial role in shoulder stability, posture, and balanced aesthetics. On platforms like Reddit, users share valuable insights and recommend effective exercises that target the rear delts for maximum growth and functionality. This article compiles and analyzes some of the top rear delt exercises recommended by the Reddit fitness community, backed by anatomical understanding and practical implementation tips. Whether the goal is hypertrophy, endurance, or rehabilitation, incorporating these movements can lead to improved shoulder health and performance. Following this introduction, a structured outline presents the main sections covered in the article for easy navigation.

- Understanding Rear Deltoid Anatomy and Function
- Key Benefits of Targeting Rear Delts
- Top Rear Delt Exercises Recommended on Reddit
- Exercise Execution Tips for Optimal Rear Delt Activation
- Sample Rear Delt Workout Routines
- Common Mistakes and How to Avoid Them

Understanding Rear Deltoid Anatomy and Function

The rear deltoid, also known as the posterior deltoid, is one of the three heads of the deltoid muscle group, located at the back of the shoulder. Anatomically, it originates from the spine of the scapula and inserts on the deltoid tuberosity of the humerus. Its primary functions include shoulder extension, horizontal abduction, and external rotation. These movements are essential for various athletic activities and daily tasks involving pulling and reaching. The rear deltoid also contributes significantly to shoulder joint stability and balanced muscle development, which helps prevent injuries related to muscular imbalances.

Key Benefits of Targeting Rear Delts

Focusing on rear delt training offers numerous advantages beyond mere aesthetic improvements. Strengthening the rear delts leads to better posture by counteracting the forward pull of the chest and front shoulder muscles, especially for individuals who spend extended periods sitting or working at a computer. Enhanced rear delt strength improves performance in compound lifts like deadlifts and rows, as well as in sports requiring overhead and throwing motions. Additionally, well-developed rear delts reduce the risk of shoulder impingement and other injuries by promoting balanced muscular support around the shoulder joint.

Top Rear Delt Exercises Recommended on Reddit

The Reddit fitness community consistently highlights several rear delt exercises as effective and accessible for all levels of training. These exercises vary in equipment requirements and complexity but share the common goal of isolating and stimulating the posterior deltoid fibers.

Face Pulls

Face pulls are widely regarded as a foundational rear delt exercise. Performed using a cable machine with a rope attachment, face pulls involve pulling the rope towards the face while externally rotating the shoulders. This movement not only targets the rear delts but also engages the rotator cuff muscles, promoting shoulder health.

Reverse Pec Deck Flyes

The reverse pec deck fly is executed on a pec deck machine with the chest supported, allowing for strict rear delt isolation. By moving the arms backward in a horizontal plane, this exercise effectively activates the posterior deltoids with minimal involvement of other shoulder muscles.

Bent-Over Dumbbell Lateral Raises

This classic movement requires dumbbells and a bent-over position to emphasize the rear delts. The lifter raises the dumbbells laterally with straight arms while maintaining a neutral spine, creating tension in the rear delts throughout the range of motion.

Band Pull-Aparts

Band pull-aparts are a convenient and effective rear delt activation exercise using resistance bands. By pulling the band apart horizontally at shoulder level, the rear delts and upper back muscles engage concentrically, making this exercise ideal for warm-ups or rehabilitation.

Incline Dumbbell Row

Performed on an incline bench, this rowing variation targets the rear delts by maintaining a strict form and focusing on scapular retraction. The incline position reduces momentum and isolates the posterior deltoid and upper back muscles efficiently.

- Face Pulls
- Reverse Pec Deck Flyes
- Bent-Over Dumbbell Lateral Raises
- Band Pull-Aparts
- Incline Dumbbell Row

Exercise Execution Tips for Optimal Rear Delt Activation

Proper technique and mindful execution are critical to maximizing rear delt engagement and minimizing compensatory movements. Reddit users emphasize the importance of controlled tempo, full range of motion, and maintaining scapular stability during exercises. Avoiding momentum and excessive weight helps ensure the rear delts, rather than dominant muscle groups like the traps or lats, bear the primary workload. Using lighter weights with higher repetitions often yields better muscle activation and endurance development. Additionally, warming up with band exercises or light face pulls prepares the shoulder complex for heavier training.

Sample Rear Delt Workout Routines

Incorporating rear delt exercises into a structured workout can be achieved through various programming strategies. Below are two sample routines favored within the Reddit community, designed for different training goals:

1. Hypertrophy Focus

- Face Pulls – 4 sets of 12-15 reps
- Reverse Pec Deck Flyes – 4 sets of 10-12 reps
- Bent-Over Dumbbell Lateral Raises – 3 sets of 12-15 reps
- Band Pull-Aparts – 3 sets of 20 reps (as a warm-up or finisher)

2. Strength and Endurance Mix

- Incline Dumbbell Rows – 4 sets of 8-10 reps
- Face Pulls – 3 sets of 15-20 reps
- Bent-Over Dumbbell Lateral Raises – 3 sets of 10-12 reps
- Band Pull-Aparts – 3 sets of 25 reps

These routines can be adapted based on individual needs, equipment availability, and overall training split.

Common Mistakes and How to Avoid Them

Several errors frequently occur when training rear delts, reducing exercise effectiveness and increasing injury risk. One common mistake is using excessive weight, which often leads to poor form and the recruitment of compensatory muscles such as the traps and rhomboids. Another is neglecting scapular movement; proper scapular retraction and depression are essential for isolating the rear delts. Many trainees also overlook the rear delts entirely or fail to train them consistently, resulting in muscular imbalances. To avoid these pitfalls, it is advisable to prioritize quality over quantity, focus on mind-muscle connection, and incorporate a balanced shoulder routine that addresses all deltoid heads.

Frequently Asked Questions

What are the best rear delt exercises recommended on Reddit?

Reddit users often recommend face pulls, bent-over reverse flyes, and cable rear delt flyes as some of the best exercises to target the rear delts effectively.

How effective are face pulls for rear delt development according to Reddit?

Face pulls are highly regarded on Reddit for rear delt development because they engage the posterior deltoid while also improving shoulder health and posture.

Are bent-over reverse flyes better than face pulls for rear delts on Reddit forums?

Many Reddit users suggest that bent-over reverse flyes and face pulls complement each other well; bent-over reverse flyes isolate the rear delts, while face pulls also target the upper traps and rotator cuff muscles.

What equipment do Reddit users recommend for rear delt exercises?

Commonly recommended equipment includes dumbbells, cables, resistance bands, and sometimes machines like the reverse pec deck for effective rear delt workouts.

How often should I train rear delts according to Reddit fitness advice?

Reddit fitness communities generally suggest training rear delts 2-3 times per week with moderate volume to ensure growth and avoid overtraining.

Can bodyweight exercises effectively target the rear delts as per Reddit discussions?

Bodyweight exercises for rear delts are limited; however, some Reddit users mention that exercises like reverse plank raises can help, but weighted exercises are typically more effective.

What is the proper form for cable rear delt flyes shared on Reddit?

Reddit users emphasize keeping a slight bend in the elbows, pulling the cables outward and backward focusing on squeezing the rear delts, and avoiding using momentum for best results.

Are rear delt rows recommended on Reddit for building rear delts?

Yes, rear delt rows with a wide grip and elbows flared out are often recommended on Reddit for effectively targeting the posterior deltoids.

What common mistakes to avoid in rear delt exercises according to Reddit users?

Common mistakes include using too much weight leading to poor form, relying on momentum, not isolating the rear delts, and neglecting proper shoulder positioning.

Do Reddit users recommend any specific rear delt workout routines?

Reddit users often share routines combining face pulls, bent-over reverse flyes, and cable rear delt flyes with 3-4 sets of 12-15 reps to maximize rear delt activation and hypertrophy.

Additional Resources

1. Ultimate Guide to Rear Delt Workouts: Reddit's Top Picks

This book compiles the most effective rear delt exercises recommended by fitness enthusiasts on Reddit. It includes detailed instructions, user experiences, and modifications for all fitness levels. Readers will find tips on form, frequency, and recovery to maximize rear delt growth and shoulder health.

2. Rear Delt Training Secrets from Reddit Communities

Drawing from various Reddit fitness forums, this book reveals the hidden gems of rear delt training. It covers compound and isolation movements, common mistakes to avoid, and how to integrate these exercises into your routine. The author also shares motivational stories and progress tracking methods shared by Reddit users.

3. Reddit's Best Rear Delt Routines for Strength and Size

Focusing on routines rather than individual exercises, this guide offers structured programs curated

from Reddit's top fitness contributors. It emphasizes progressive overload, volume, and recovery tailored to rear delt development. Detailed workout plans are provided for beginners, intermediates, and advanced lifters.

4. *Mastering Rear Delt Exercises: Insights from Reddit Fitness Experts*

This book dives deep into the biomechanics of the rear deltoid and explains why targeted training is essential. Featuring expert advice and Q&A sections sourced from Reddit threads, it helps readers understand exercise selection, equipment use, and injury prevention. It's perfect for anyone looking to perfect their rear delt workout form.

5. *Reddit-Approved Rear Delt Workouts for Athletes*

Designed with athletes in mind, this book showcases rear delt exercises that improve posture, performance, and injury resistance. It includes sport-specific recommendations and tips shared by Reddit users with athletic backgrounds. The book also covers warm-up and cool-down strategies to keep shoulders healthy.

6. *Rear Delt Exercise Encyclopedia: Reddit's Favorite Moves*

An exhaustive reference, this encyclopedia lists and describes dozens of rear delt exercises popular on Reddit. Each entry includes step-by-step instructions, common variations, and user ratings. It serves as a handy resource for those wanting to diversify their shoulder workouts.

7. *Building Balanced Shoulders: Rear Delt Focus from Reddit Insights*

This guide emphasizes the importance of balanced shoulder development, with a special focus on rear delts. It compiles advice from Reddit users who have successfully corrected posture issues and improved shoulder aesthetics. The book also discusses nutrition and recovery tips relevant to muscle growth.

8. *Reddit's Most Effective Rear Delt Isolation Techniques*

Isolation exercises are key to rear delt hypertrophy, and this book highlights the best ones according to Reddit fitness communities. It explains how to isolate the rear delts effectively using cables, dumbbells, and bodyweight movements. Readers will also learn how to avoid common pitfalls that limit muscle engagement.

9. *Functional Rear Delt Training: Reddit's Approach for Everyday Strength*

This book takes a functional training perspective, showing how rear delt exercises recommended on Reddit can enhance daily activities and prevent injuries. It blends strength training with mobility and stability work, making it ideal for fitness enthusiasts focused on long-term health. Practical tips and progressions are included for sustained improvement.

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