

best shoulder exercises reddit

best shoulder exercises reddit is a frequently searched topic among fitness enthusiasts seeking effective workouts for shoulder development and strength. Reddit communities, known for their diverse and practical advice, often share valuable insights into the most efficient shoulder exercises. This article compiles the top recommendations from Reddit users, focusing on exercises that target all parts of the shoulder muscles including the anterior, lateral, and posterior deltoids. In addition to exercise selection, the discussion includes proper form, variations, and tips to avoid injury. Whether the goal is muscle hypertrophy, endurance, or functional strength, these exercises offer comprehensive coverage for balanced shoulder training. The following sections break down the best shoulder exercises recommended on Reddit, categorized by type and purpose, to help create an optimized workout plan.

- Top Compound Shoulder Exercises
- Effective Isolation Shoulder Exercises
- Bodyweight Shoulder Exercises
- Common Mistakes and Injury Prevention
- Reddit User Tips for Shoulder Training

Top Compound Shoulder Exercises

Compound shoulder exercises engage multiple muscle groups simultaneously and are essential for building overall shoulder mass and strength. These movements typically involve the deltoids, traps, and sometimes the triceps and upper chest, making them highly efficient for progressive overload and functional strength development.

Overhead Press Variations

The overhead press is widely regarded as one of the best shoulder exercises reddit users recommend due to its effectiveness in targeting the anterior and lateral deltoid heads along with the triceps. Variations include the barbell overhead press, dumbbell shoulder press, and seated or standing positions. The standing barbell overhead press also engages the core and lower body for stability.

Push Press

The push press is a dynamic compound movement that allows the use of heavier weights by incorporating a slight leg drive. This exercise is praised on Reddit for its ability to build explosive shoulder strength and power. It primarily targets the deltoids while also recruiting the triceps and upper chest.

Arnold Press

Named after Arnold Schwarzenegger, this dumbbell-based overhead press variation involves rotating the palms during the press to engage all three heads of the deltoid muscle more effectively. The Arnold press is a popular choice on Reddit for adding shoulder size and improving muscular balance.

Effective Isolation Shoulder Exercises

Isolation exercises focus on a specific part of the shoulder, allowing for targeted muscle development and correction of imbalances. These exercises are essential for shaping the deltoids and enhancing shoulder definition.

Lateral Raises

Lateral raises are the cornerstone isolation exercise for the lateral deltoid head, contributing significantly to shoulder width and aesthetics. Reddit users emphasize strict form to avoid momentum and ensure maximal deltoid engagement. Dumbbells are the most common tool, but cables and resistance bands are also effective.

Rear Delt Flyes

To develop the often neglected posterior deltoid, rear delt flyes are highly recommended. Performing this exercise with dumbbells or on a reverse pec deck machine helps improve posture and shoulder stability. Reddit contributors frequently highlight the importance of controlled movements to target the rear delts properly.

Front Raises

Front raises isolate the anterior deltoid and can be performed with dumbbells, barbells, or cables. This exercise is beneficial for enhancing the shoulder's front profile and improving pressing strength. Reddit discussions often suggest incorporating variations such as plate raises or alternating arms for muscle activation diversity.

Bodyweight Shoulder Exercises

Bodyweight shoulder exercises are excellent for those without access to equipment or looking to improve functional strength and endurance. These exercises can also serve as warm-ups or supplementary movements in a shoulder workout routine.

Pike Push-Ups

Pike push-ups mimic the overhead press movement pattern using body weight and are widely praised on Reddit for building shoulder strength and stability. By elevating the hips and positioning the body in an inverted V shape, this exercise targets the deltoids effectively while also engaging the triceps and upper chest.

Handstand Push-Ups

Handstand push-ups are an advanced bodyweight exercise that significantly challenges the shoulder muscles, particularly the anterior and lateral deltoids. Reddit users highlight this exercise for its ability to build impressive shoulder strength and balance but recommend mastering the pike push-up first to prevent injury.

Wall Walks

Wall walks are a dynamic bodyweight movement that improves shoulder mobility, stability, and endurance. By walking the feet up a wall while walking the hands closer, the shoulders undergo a controlled isometric and concentric contraction, making it a favored warm-up or rehabilitation exercise on Reddit.

Common Mistakes and Injury Prevention

Proper technique is crucial when performing shoulder exercises to maximize gains and minimize injury risk. Reddit users often discuss common pitfalls and strategies to maintain shoulder health throughout training.

Overloading Without Proper Form

One frequent mistake is attempting heavy lifts without mastering form, which can lead to rotator cuff injuries or impingement. Gradual progression and focusing on controlled, full-range movements are essential to safe training.

Neglecting Warm-Up and Mobility

Skipping shoulder warm-up and mobility drills can result in stiffness and increased injury risk. Incorporating dynamic stretches, band pull-aparts, and light rotator cuff exercises before heavy lifting is widely recommended on Reddit.

Imbalanced Training

Focusing disproportionately on front deltoids while neglecting rear delts and traps can cause muscular imbalance and postural issues. A balanced routine comprising all heads of the deltoids, traps, and scapular stabilizers is critical to shoulder health.

Reddit User Tips for Shoulder Training

Insights from Reddit communities provide practical tips to enhance shoulder workouts and maintain consistent progress.

- **Prioritize Form Over Weight:** Emphasize technique to ensure muscle engagement and prevent injury.
- **Incorporate Variety:** Mix compound and isolation exercises to target all shoulder regions effectively.
- **Use Progressive Overload:** Gradually increase resistance or volume to stimulate muscle growth.
- **Include Recovery:** Allow adequate rest and use mobility exercises to avoid overuse injuries.
- **Listen to Your Body:** Adjust workouts based on pain or discomfort signals to protect shoulder integrity.

Frequently Asked Questions

What are the best shoulder exercises recommended on Reddit for building mass?

Reddit users often recommend compound movements like overhead presses (barbell or dumbbell), Arnold presses, and lateral raises for building shoulder mass. Incorporating progressive overload and proper form is

emphasized for optimal gains.

Which shoulder exercises help with improving shoulder stability according to Reddit fitness communities?

Exercises such as face pulls, band pull-aparts, external rotations, and scapular push-ups are frequently suggested on Reddit for enhancing shoulder stability and preventing injuries.

Are there any shoulder exercises on Reddit that are good for people with shoulder pain?

Reddit users often recommend light rotator cuff strengthening exercises like internal and external rotations with resistance bands, scapular retractions, and avoiding heavy overhead pressing if experiencing shoulder pain. Consulting a professional is also advised.

What is the best way to incorporate lateral raises into a shoulder workout as per Reddit advice?

Many Redditors suggest performing lateral raises with controlled form, moderate weight, and higher reps (12-15) to effectively target the medial deltoid without risking injury, often as a finisher after compound lifts.

How can I prevent shoulder injuries while doing shoulder exercises, based on Reddit discussions?

Users frequently recommend warming up thoroughly, focusing on rotator cuff and scapular stabilization exercises, avoiding excessive ego lifting, and maintaining proper form to prevent shoulder injuries during workouts.

What are some effective home shoulder exercises shared on Reddit without equipment?

Reddit fitness communities suggest bodyweight exercises such as pike push-ups, wall handstand holds, scapular push-ups, and resistance band exercises for effective shoulder workouts at home without heavy equipment.

How often should I train shoulders according to recommendations on Reddit?

The consensus on Reddit generally recommends training shoulders 1-2 times per week, allowing adequate recovery, and balancing volume to avoid overtraining while maximizing muscle growth.

Additional Resources

1. *Ultimate Shoulder Workouts: Reddit's Top-Rated Exercise Routines*

This book compiles the most effective shoulder exercises shared by fitness enthusiasts on Reddit. It covers various workout plans tailored for strength, hypertrophy, and injury prevention. Readers will find detailed instructions, tips, and community-tested routines to maximize shoulder gains.

2. *Shoulder Strength Secrets: Insights from Reddit Fitness Communities*

Explore the collective wisdom of Reddit's fitness communities focused on shoulder training. This guide breaks down the anatomy of the shoulder and explains which exercises target each muscle group. It also addresses common mistakes and how to avoid injuries during training.

3. *Reddit's Best Shoulder Exercise Library: Techniques and Tips*

A comprehensive catalog of shoulder exercises curated from Reddit threads, this book includes variations for all fitness levels. With step-by-step guides and user testimonials, it empowers readers to customize their shoulder workouts effectively. Bonus sections cover warm-ups and recovery strategies.

4. *Building Bulletproof Shoulders: Reddit's Proven Exercise Regimens*

Learn how to develop durable, strong shoulders with routines favored by Reddit's fitness experts. This book emphasizes functional strength and mobility alongside muscle growth. It also features advice on integrating shoulder training into full-body workout plans.

5. *Shoulder Gains: Reddit's Community-Backed Exercise Strategies*

Focused on muscle growth and definition, this book highlights exercises that have received the most positive feedback on Reddit. It includes progressive overload techniques and programming tips to help readers achieve consistent progress. Nutritional advice for shoulder health is also discussed.

6. *The Reddit Guide to Shoulder Rehabilitation and Strengthening*

Perfect for those recovering from shoulder injuries, this guide compiles rehabilitation exercises recommended by Reddit's medical and fitness communities. It balances safe strengthening routines with mobility drills. Readers will find advice on when to return to heavy lifting and how to prevent re-injury.

7. *Shoulder Sculpting: Reddit's Favorite Exercises for Toned Delts*

This book focuses on building aesthetically pleasing shoulders with exercises that sculpt each delt head. It features high-rep and isolation movements popular among Reddit users. Additionally, it covers workout splits and accessory exercises to enhance shoulder shape.

8. *Reddit's Shoulder Workout Challenges: Push Your Limits Safely*

Challenge yourself with shoulder workout programs designed by Reddit fitness enthusiasts to push strength and endurance. The book includes weekly challenges, progress tracking tools, and motivational tips. Safety precautions and proper form guidance are emphasized throughout.

9. *Functional Shoulder Training: Reddit's Approach to Mobility and Strength*

Discover exercises that improve shoulder function, stability, and range of motion as endorsed by Reddit fitness communities. This book integrates mobility drills with strength training for balanced shoulder health. It is ideal for athletes and anyone looking to enhance shoulder performance in daily activities.

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