

Chest

The chest has three parts: upper, middle, and lower. The middle and lower portions make up 80% of the chest mass, so it makes sense to focus on working these parts with more sets in flat bench presses/flyes than incline ones.

To train it, we should perform two types of movements:

1. Flat bench presses and flyes (priority)
2. Incline bench presses and flyes

Additional note:

The chest has a greater mechanical advantage when it is stretched, so movements like dumbbell flyes where the peak resistance is at the stretched position will be more efficient for working the chest than movements like the machine flyes or peck deck where the peak resistance prioritizes the deltoid.

Shoulder

The shoulder has 3 parts: anterior, medial, and posterior. Almost all of them are responsible for arm abduction, thus they will work during lateral raises, with the medial part being the most recruited.

To train it, we should perform two types of movements:

1. Lateral raises (priority)
2. Overhead presses

Additional note:

In an overhead press, the lateral part has a greater mechanical advantage up to 90 degrees, from 90 degrees upwards the anterior part takes advantage. Therefore, if the exercise is only performed from 90 degrees upwards.

Trapezius

The trapezius has 3 parts: upper, middle, and lower. However, functionally all three have the same main action, which is scapular retraction, being the only movement necessary to fully develop the trapezius.

To train it, we should perform one type of movement:

1. Row with pronated grip or scapular retractions (priority)

Additional note:

If you opt for rows for trapezius, direct posterior work is unnecessary (unless it's a priority for you). Otherwise, if you opt for scapular retractions, I suggest including a movement for the posterior shoulder like a reverse fly on the machine.

Back

The back has 3 parts: upper, middle, and lower. In practice, we can group the last two together. The upper part will be heavily recruited in pull-ups or rows with the arm in front of the body, while the middle and lower parts in pull-ups with the arm at the side of the body.

To train it, we should perform two types of movements:

1. Pull-ups or pull-downs with pronated grip (priority)
2. Pull-ups/pull-downs or rows with neutral and supinated