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Delt Force is a free-weight device that isolates and builds Wider, Ripped, and More Massive Deltoid /Shoulder muscles

The amazing new **DELT FORCE** builds super-wide shoulders -faster and more massive than dumbbells or machines !

Increase your shoulder-deltoid width 1"-3" !

Build Ripped, Bulging Delts

Super Isolation, *intense* burn on your side-lateral delt head (for shoulder width) plus front & rear delt heads.

2 years in development, US Patent with a registered trademark

Proven highly effective by over 500 bodybuilders and athletes. Used in most NFL, NBA, and MLB training rooms.

Delt Force isolates and activates only your delts, so they get 100% of the blood flow and power for Super Deltoid Growth !

Delt Force gives your delts the full range and freedom of movement to isolate and stimulate the maximum number of deltoid muscle fibers.

Delts are difficult to build because they're hard to isolate for a good "burn." During dumbbell raises -a lot of blood flow and energy is lost to your lower arm muscles from holding the dumbbells ..plus the strain on wrist and elbow joints.

Delt Force works by placing the weight above your elbow joint, below your delt -so you eliminate the muscle drain and joint fatigue of holding dumbbells. Your delts get 100% of the blood flow and power for maximum isolation and super delt growth !

Delt Force is superior to \$3,000 "lateral raise" machines which have only one fixed side motion and work mostly front delts -not allowing side delt isolation.

Blast WIDER, Stronger and More Massive delts with Delt Force !

Guaranteed Results, or return within 30 days for a full refund !

See & Feel BIGGER delts the first time you use the Delt Force !



Tough welded steel, black powder finish, Chrome rod for holding plates is removable, for easy portability. Rubber bumpers to protect floors, Full color exercise manual. PLATES NOT INCLUDED.

4 different Shoulder-Blasting exercises, professional bodybuilders' photo exercise chart Not available in Stores

"Delt Force is an amazing new free-weight device that has built my delts bigger and stronger!"

-Brent Kittel, former pitcher for the LA Dodgers

To Delt Force -
Gotta Sweat
100%
Cory



Instruction Manual

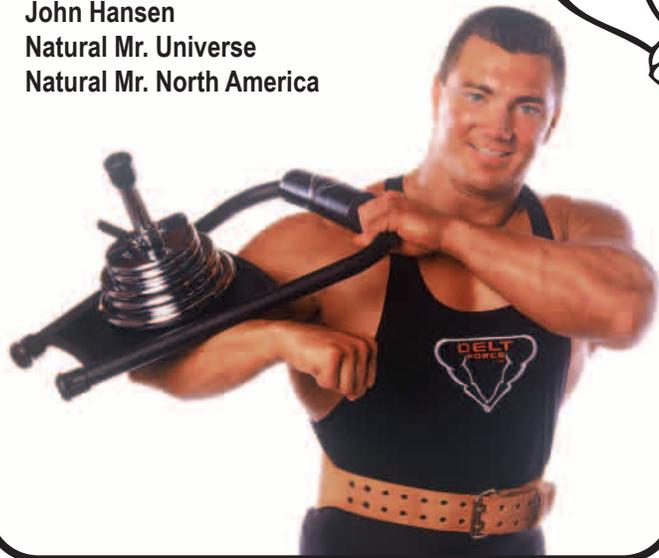
Shoulder / Deltoid Free-Weight Isolation Exerciser

Official U.S. Patent: 5,540,640

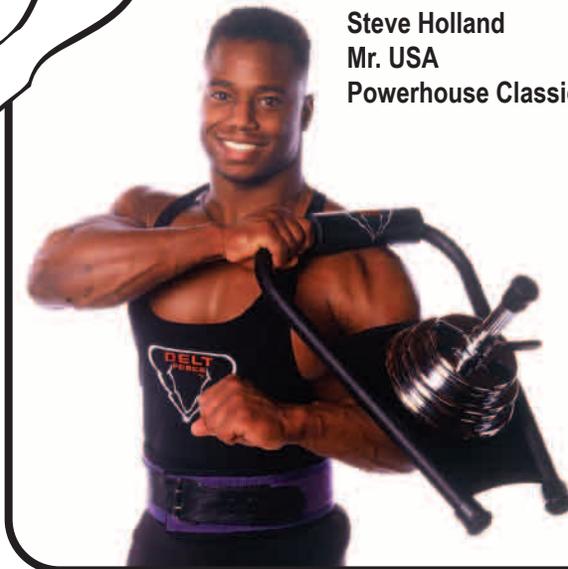
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**DELT
FORCE®**

John Hansen
Natural Mr. Universe
Natural Mr. North America



Steve Holland
Mr. USA
Powerhouse Classic Winner



SAFETY PRECAUTIONS

1. Never Drop the DELT FORCE®, lower it to the ground gently. It is not designed to be dropped and it will get damaged and parts/weights will eject if dropped.
2. Read all instructions in this manual before using the DELT FORCE®.
3. Work with the assistance of a partner if available.
4. DELT FORCE® is not intended for children.
5. DELT FORCE® is designed for shoulder exercises only. Do not use for any other exercises.
6. Stop using the device if you feel any discomfort or pain. See your physician before continuing use.

WARNING:

If you have had any type of pain or injury in your shoulders or back, before using the DELT FORCE®, bring this device and these directions to a qualified sports physician so that he/she may evaluate it and decide whether it's safe for you to use.

Patented US/International Patents Pending
DELT FORCE® is a registered trademark
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If you have parts missing, defects or problems
with your unit, please visit our website at
www.deltforce.com and write us an email or
call us M-F 9am-5pm CST at 1-800-915-2828

Manufactured by: Alpina Manufacturing, LLC
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FAX: 1-800-217-9431

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WEIGHT TO USE:

DELT FORCE® weighs 7 lbs., so you may begin the exercises below without adding weight plates, or depending on your level of strength, adding weight to device.

Only add more plates according to your level of strength.



1. Slip on chrome tube, align holes and insert "hairpin" clip down towards bottom of unit.

2. Load plates. Smaller diameter plates with 1" hole are best. You may use larger diameter or "Olympic" plates, but they may not allow the unit to rest on the floor upright. Put on the one spring clip provided and rubber end cap.



3. NEVER DROP THE DELT FORCE®, lower it to the ground gently. It is not designed to be dropped, and it will get damaged and parts/weights will eject if dropped.

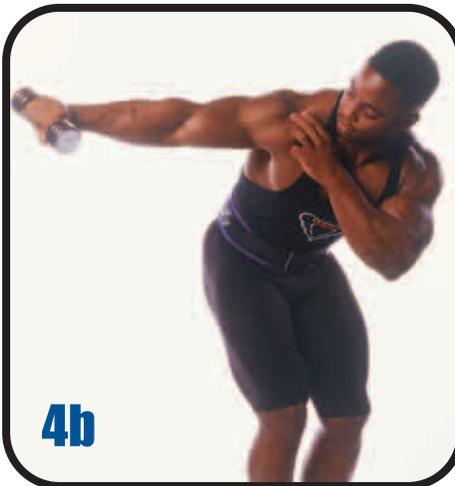
4. DEMONSTRATION TO SHOW HOW THE THREE HEADS OF YOUR DELTOID ARE ISOLATED:



4a

4a - Stand upright with a dumbbell in right hand out to your side. Place left hand on your delt so that you can feel your deltoid with your fingers. You will feel that your front and side delt heads are hard. This means that they are activated.

Since your front delt is stronger than your side delt, the front delt does most of the lifting work when doing upright side lateral raises.



4b

4b - Bend over at 45 degrees with your arm still out at your side. You will feel your front delt get soft, while the side delt remains hard. In this 45 degree body position, your side delt is isolated and does most of the lifting. See # 10 for exercise.



4c

4c - Bend over at 90 degrees. Now, your rear delt is hard. The front and most of the side delt are soft. The rear delt does most of the work.

3



DELTOID MUSCLES:

Front (Anterior) Head

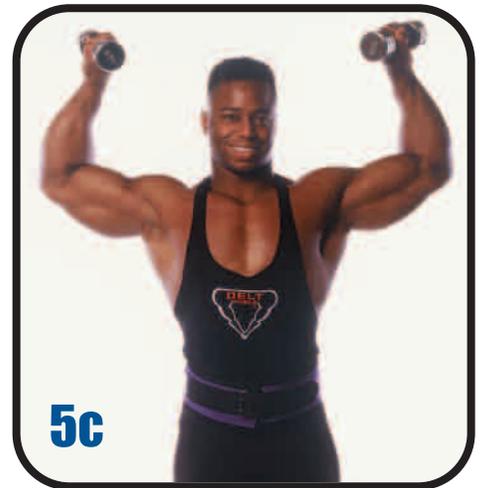
Side (Medial/Lateral) Head

Rear (Posterior) Head

View from the top of your shoulder

5. WARM-UP:

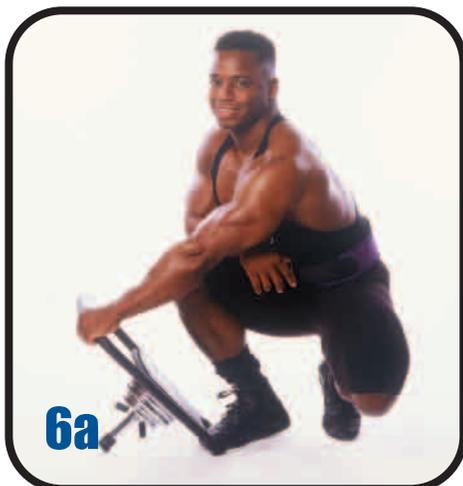
(very important) 5 minutes of jumping jacks are good. Then, with a 5 lb. dumbbell in each hand do 2 sets (set=10) for the following slowly: **(5a)** Bent-over side lateral raises, **(5b)** Front raises, **(5c)** Upward presses. You may add other warm-up exercises.



6. UPRIGHTS FOR THE RIGHT SHOULDER

Hits mostly front and side delts. Slide shoulder pad to the right side of unit. Bend your knees and keep your back as straight as possible. **(6a)** Pick up unit with your left hand on the left side of the unit.

(6b) Slowly bring unit to your right shoulder, making sure the round shoulder pad is somewhat centered on the top of your shoulder. Sit on a bench or chair, keep your body upright and back straight with elbow/arm centered under device. (For left shoulder, grasp right side of unit)



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7. UPRIGHTS: START

Slow upward motion. Don't shrug your shoulder. If you shrug your shoulder your Trapezius muscle is helping you "cheat" on the exercise to finish upward motion.

Push down slightly with your left hand on the shoulder pad and drop your shoulder down as you begin the upward motion with your right arm. If your shoulder must shrug to finish your upward movement, you are probably using too much weight.

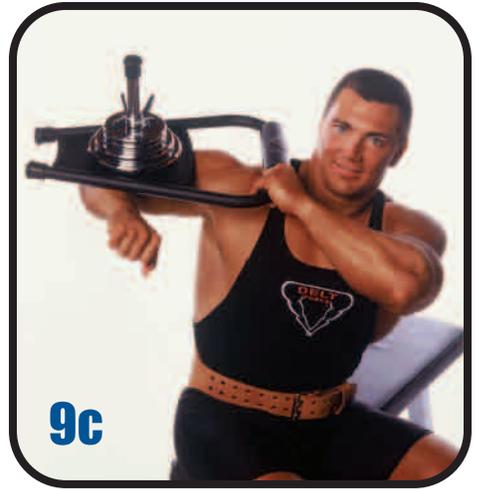
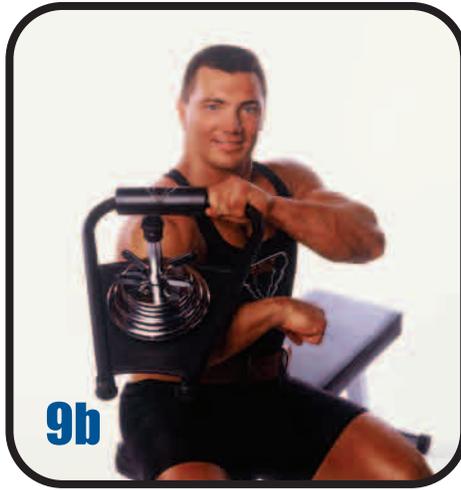
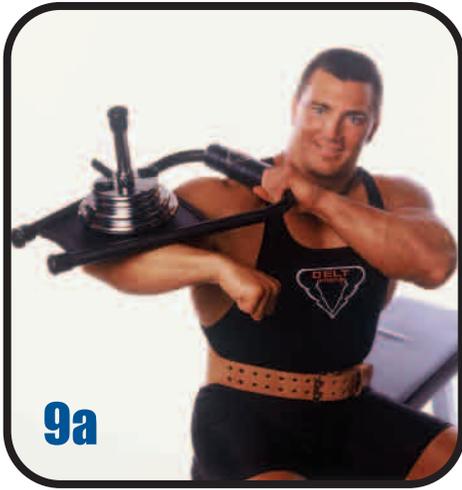


8. UPRIGHTS: FINISH

Keeping your shoulder down, don't shrug. Slowly bring unit up above horizontal, then slowly lower. It is important that you do reps SLOWLY when going up and down.

Never jerk the weight up. (You have too much weight if you have to jerk device up) Keep your body upright, don't bend or sway side-to-side while doing the exercise. You don't need heavy weights for proper delt isolation exercises.

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9. YOU MAY DO THE SEATED UPRIGHT RAISES.

Your elbow pointing directly out to your (9a) side, (9b) forward or (9c) slightly towards the back. This stimulates your deltoid heads differently.



10. SIDE DELT ISOLATION: START

(See Direction #4 to see how the 3 heads of your delt are isolated)

This will explain why your body position is important during delt head isolation exercises. Kneel down at the side of a bench (or you may use a chair). Lean your chest on the bench so that your body is leaning forward at about a 45 degree angle. Use a foam pad or towel to cushion your knees and chest. The reason for resting your chest against the bench is to make it easier for your lower back. (Pictured is right side delt workout. Reverse for left side delt)

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11. SIDE DELT ISOLATION: FINISH

Upward Movement. Your elbows will be pointing directly out to your side for this exercise. Maintain slow movements up and down.

Make sure to keep your chest against the bench. If you are bending over properly, you should feel the isolating "burn" on your side delt.

SUGGESTED EXERCISES

1. 10 reps RIGHT SIDE delt isolation
2. 30 seconds rest
3. 10 reps RIGHT SIDE delt again
4. 15 seconds rest
5. 10 reps RIGHT UPRIGHTS
6. Switch to left arm, repeat steps 1-5 for left side



Repeat the entire program (1-6 above) 2 more times. Create a program that gives your delts the most intense workout.



Incorporating DELT FORCE® into your exercise routine will provide the perfect finishing touch to your delts!

Manufactured by:
Alpina Manufacturing LLC
3418 N. Knox Avenue
Chicago, IL 60641
TEL: 1-800-915-2828
FAX: 1-800-217-9431

**For more information,
or to order, please visit:
www.deltforce.com**

WARRANTY: For 90 days from the date of purchase, any materials or workmanship which may be defective will be repaired or replaced at the place of manufacture. This warranty extends only to the original purchaser, and purchaser must provide a copy of the proof of purchase. This warranty does not apply to damage as a result of mishandling or abuse, improper assembly, modification, or commercial use. Alpina MFG LLC and its assigns shall not be liable for any indirect or consequential damages arising out of the use of the device. Any implied warranty of merchantability or fitness for a particular purpose shall be limited to the duration of this warranty. Some states do not allow these limitations, and you may have other specific legal rights.

ORDERING INFO:

Yes ! I want WIDER, Bigger, Stronger Delts !

30 Day money back guarantee

Order your Delt Force today !

U.S. \$99 per unit www.deltforce.com + \$10 UPS Ground per unit

Phone Orders

You can also order by phone, M-F 9am-5pm central time US by calling
1-800-915-2828 We accept VISA/MC/Discover/AMEX

For Mail Orders or by Faxing this order form (Fax: 1-800-217-9431 24 hrs.) :

(Any questions, problems -email us at sales@deltforce.com or call us at 1-800-915-2828 M-F 9am-5pm Central time)

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Manufacturing LLC Mail to: Alpina Mfg. 3418 N. Knox Ave, Chicago, IL USA 60641

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Authorized Signature: _____