



# The Dinosaur Military Press and Shoulder Power Course

*Brooks D. Kubik*

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"Back in the day" when someone asked, "What can you lift?" they wanted to know what you could lift over your head. Specifically, they wanted to know how much you could clean to your shoulders, and then press overhead in a strict, letter-perfect, military press. It didn't matter how much you could squat – how much you could deadlift – or how much you could handle in any other lift. And it didn't mean, "How much can you bench?" because the bench press was a virtually unknown exercise. The small handful of companies that sold barbells and dumbbells didn't even manufacture benches back then.

The military press was recognized as the TRUE TEST of a man's strength. If you were good at the military press, then you were STRONG! If you weren't good at the military press, then you worked as hard as heck to get better at it. The military press was also recognized as a tremendous upper body exercise – an exercise that built huge shoulders, enormous traps, and thick, massive triceps. Of course, the triceps are two-thirds of the upper arm, so when you pack plenty of muscle mass into your triceps, your upper arm is really going to start stretching the tape measure. And when you combine big arms with thick, massive shoulders and silverback traps, you have what they call the Look of Power.

At one time in his career, Canada's Doug Hepburn held the World record in the military press. His upper-body was so thick and massive that he had to turn sideways to walk through an ordinary door!

The military press was one of John Grimek's favorite exercises. Grimek set several American records in the military press – and a couple of times he came within a whisker of setting an official World record in the military press. He always rated the military press as one of the top exercises a man could do – and one look at his thick, powerful development convinced thousands of lifters to work hard and heavy on the military press! Grimek also exhibited something else that you see when you a good presser. He stood tall and erect – ramrod straight – and he carried himself like an athlete rather than slouching around like a gorilla. The military press develops tremendous athleticism. If you train it hard, you begin to look like an athlete – and to move like an athlete. That's something that very few exercises will do for you – and it's something that will set you apart from the vast majority of those who train.

And speaking of John Grimek, the military press, and shoulder development, here's a true story. Back in 1949, the Mr. USA contest turned out to be a battle of champions. Virtually every man in the contest was a former Mr. America winner or other top title winner. And the three top bodybuilders in the world entered the contest: John Grimek, Steve reeves and Clarence Ross. At first, the judges could not pick a winner. Then they watched the men standing and walking around back-stage – and they observed Grimek's enormous deltoids – and after that, the only question was who would get second place. Even when he was completely relaxed, Grimek's massive shoulder development was that impressive. That's what the military press can do for a man.

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