

Cable Front Deltoid Raise

Equipment Needed: Cable Crossover, Low-Pulley, Straight Bar

Start at this Position:

- Attach the straight bar to the low-pulley.
- Grip the straight bar with your hands shoulder width apart. Palms face down. *Refer to Figure A.*
- Position your elbows in front of your body, close to your sides, bending them outward. Do not bend your wrists.
- Stabilize your body by placing one leg in front of the other.
- Stand with your back straight, head aligned with your spine, and knees slightly bent.

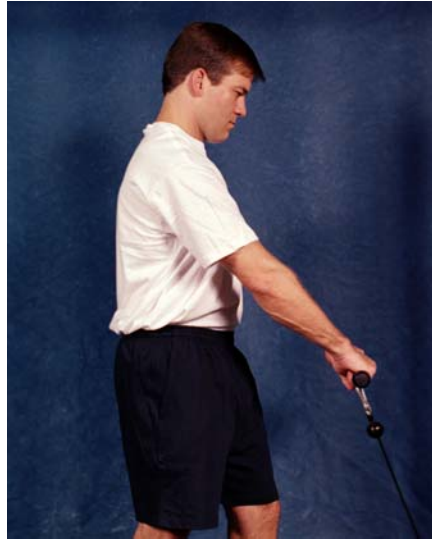
Steps to Performing the Exercise:

1. Start Position



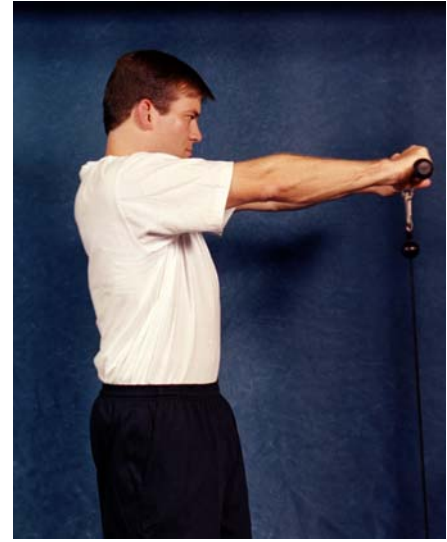
Exhale as you slowly raise the bar.

2. Middle Position



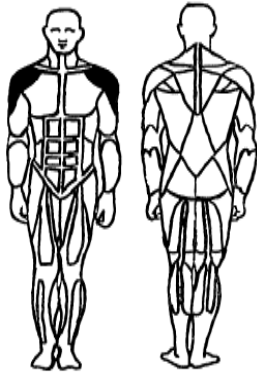
As you raise, concentrate on moving your arms by rotating from your shoulders only. Your upper and lower arms move as a single unit. Do not bend your wrists, and keep your elbows outward and slightly bent.

3. End Position



Raise until your arms are at shoulder height. Hold for 1/2 a second.

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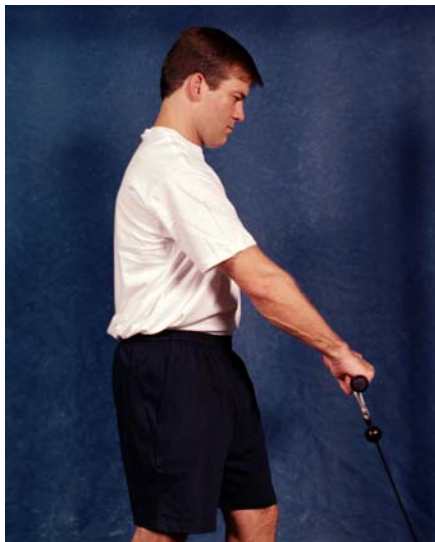
Region: Shoulders

- Primary Muscle Worked: Front Deltoids

Focus on Your Form:

- Throughout the entire range of motion:
 - Keep your back straight and your head aligned with your spine.
 - Keep your knees slightly bent.
 - Do not bend your wrists.
 - Keep your elbows outward and slightly bent.
- Move by rotating from your shoulders only, moving your upper and lower arms as a single unit.
- At end position, never raise your arms beyond shoulder height.
- Use your arms to perform the exercise, not your back.

4. Return to Middle



Inhale as you slowly return to starting position.

5. Return to Start



Do not lock out your elbows. Repeat the movement for the recommended number of repetitions.

Figure A

