

Front Deltoid Raise

Equipment Needed: 2 Dumbbells

Start at this Position:

- Gripping a dumbbell in each hand, position the dumbbells at the sides of your body. Palms face backward.
- Do not let the dumbbells rest on your thighs.
- *Note: To alleviate stress on your shoulders, an optional vertical grip may be used. Refer to Figure A.*
- Stand with your feet shoulder width apart.
- Keep 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 dumbbell, aligning it just outside shoulder width.

2. Middle Position



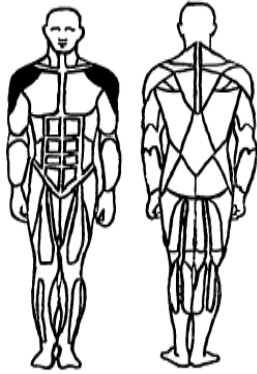
As you raise, concentrate on rotating from your shoulder only. Your upper and lower arm move as a single unit. Do not bend your wrist, and keep a slight bend in your elbow.

3. End Position



Raise until the dumbbell is at shoulder height. Hold for 1/2 a second.

Front Deltoid Raise



Region: Shoulders

- Primary Muscle Worked: Front Deltoids

Focus on Your Form:

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

4. Return to Middle



Inhale as you slowly return to starting position.

5. Return to Start



Do not lock out your elbow. Repeat the movement for the recommended number of repetitions. For each set, perform the entire exercise for one arm first, then for the other arm.

Figure A

