

Seated Lateral Raise

Equipment Needed: Flat Bench or Utility Seat, 2 Dumbbells

Start at this Position:

- Gripping one dumbbell in each hand, sit down on the utility seat. Palms face in. Do not let the dumbbells rest on your thighs.
- Keep a slight bend in your elbows. Do not bend your wrists.
- Keep your back straight and your head aligned with your spine.

Steps to Performing the Exercise:

1. Start Position



Exhale as you raise the dumbbells.

2. Middle Position



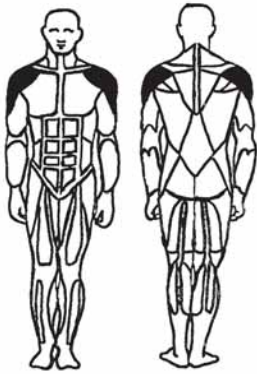
As you raise, concentrate on rotating from your shoulders only. Your upper and lower arms move as a single unit. Do not bend your wrists.

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: Middle Deltoids

Focus on Your Form:

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

4. Return to Middle



Inhale as you return to starting position.

5. Return to Start



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