

Standing Lateral Raise

Equipment Needed: 2 Dumbbells

Start at this Position:

- Gripping one dumbbell in each hand, bring your arms in front of your body. Palms face in.
- Stand with your feet facing forward, 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 raise the dumbbells.

2. Middle Position

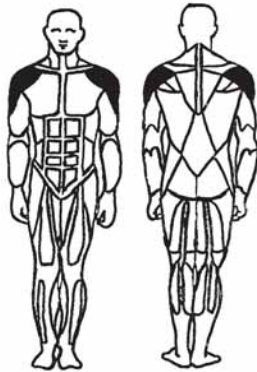


As you raise, concentrate on moving by rotating from your shoulders only. Your upper and lower arms move as a single unit. Do not bend your wrists.

3. End Position



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



Region: Shoulders

- Primary Muscle Worked:
Middle Deltoids

Focus on Your Form:

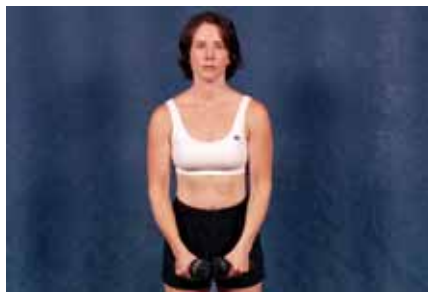
- Throughout the entire range of motion:
 - Keep your back straight, head aligned with your spine, and knees slightly bent.
 - Do not bend your wrists.
 - Keep your elbows slightly bent.
- Move by rotating from your shoulder only, moving your upper and lower arms as a single unit.
- Never raise your 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 elbow. Repeat the movement for the recommended number of repetitions.