

Personal Training by Robert J. Bovee

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STANDING FRONT LATERAL RAISE (DUMBBELLS)

A. Emphasis. The primary muscles stressed in this movement are the shoulder muscles (anterior deltoid). The secondary muscle stressed is the trapezius.

B. Starting Position. Grab a dumbbell in each hand. Stand straight up and down with your feet shoulder width apart and your knees slightly bent. Place your hands in front of and close to your thighs with your palms facing. Keep your elbows slightly bent.

C. Movement. Keeping your elbows slightly bent, raise dumbbell straight up in front of you until your hand is at eye level, palms facing the floor. Take **2 to 3** seconds to lower the dumbbell back down to your thigh. Repeat with the left side.

D. Training Tips.

- 1) When alternating the dumbbells, wait until one side of the movement is completed before beginning the other side.
- 2) You can also perform this movement with your palms facing your body for rehabilitation purposes and to isolate different muscles in the shoulder.
- 3) You can also perform this movement with cables.
- 4) You can do both arms/D.B. at the same time or alternating.

E. Warning Tips.

- 1) **Do not** shrug your shoulders as you bring the dumbbells up to eye level. Failure to do so can result in injury to your shoulders trapezius and neck.
- 2) **Do not** excessively arch your back when performing this movement. Failure to do so can result in serious injury to your back.
- 3) **Do not** lower the dumbbells any faster than **2 to 3** seconds. You must be in control at all times during this movement. The faster you perform this movement, the less control you will have which in turn will increase your risk of injury.