



DB LAT RAISES

START



- Stand up right with head facing forwards
- Feet shoulder width apart, right leg slightly forward
- Grip one dumbbell in each hand
- Ensure palms are facing towards your body

MIDDLE



- Exhale and raise the dumbbells to the side, without swinging or gaining momentum, until your arms are at shoulder height and parallel to the floor
- Squeeze your shoulders and pause
- At the top of the movement, your hands should be facing downwards in the pronated position

END



- Slowly and with control bring the DB's to the start position
- Do not allow the DB to stray too far back or forward throughout the movement
- Ensure breathing is efficient with an inhale on the lowering phase and exhale on the lifting phase
- Repeat for the recommended amount of repetitions

MUSCLES TARGETED

DELTOIDS & TRAPS

- The main muscles used in the dumbbell lateral raise are the lateral deltoids located on the side of each shoulder, they move the arms away from the centre of the body
- The anterior deltoid which sit at the front of the shoulder, the supraspinatus in the rear deltoid and the trapezius muscles assist the lateral deltoids
- The supraspinatus assists the abduction movement
- The trapezius is responsible for shoulder elevation

NOTE

If the dumbbells are lifted too high, then the tension will be shifted from the deltoids and onto the trapezius.