EXERCISES OF THE MONTH

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Basic

- **Lateral Raise (Machine)**

  **Starting Position**
  - Adjust the weight stack to the desired resistance.
  - Adjust seat to proper position.
  - Grasp handles.

  **The Lift**
  - Lift the handles by raising the elbows upward and outward.

  - Attempt to raise the elbows to about ear level.
  - Breathe in prior to raising the weight.
  - Exhale while raising the weight.
  - Inhale while returning to starting position.
  - Repeat for desired number of repetitions.

  **Muscles Worked**
  - Deltoids.

**Variations**

The lateral raise may also be performed with dumbbells held in each hand or on a cable crossover machine. In either instance, bend the elbows slightly and raise the hand directly to the side until approximately ear level, then slowly lower to the starting position.

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Russian Twist

Starting Position
- Position the body on a bench or special chair so the legs are anchored and the hips are fully supported.
- Sit erect.
- Grasp a plate, dumbbell, or medicine ball with both hands.
- Lean the torso back to an approximate 45° angle.
- Depending on the resistance, extend arms straight in front of the torso or hug resistance close to the chest.

The Lift
- Keeping the hips firmly in place, twist the upper body to the right as far as possible.
- From this position, twist to the left as far as possible.
- Return to the starting position.
- Inhale prior to twisting.
- Exhale when returning to the starting position.

Muscles Worked
Obliques and other rotators of the trunk.

Variations
Can be performed with a bar or other resistance placed behind the neck.

Safety
A spotter may be used to hand the athlete the resistance in the starting position. Those with a history of lower back problems are cautioned against performing this movement. Also, do not perform this exercise when fatigued. ▲