Bent-Over Lateral Raise and Jerk From Rack

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— Basic —

**Bent-Over Lateral Raise**

**Starting Position**
- Grasp dumbbells with a closed, pronated grip in each hand.
- Assume a shoulder-wide stance, knees slightly bent and back flat.
- Bend over until the torso is 10 to 30° above horizontal.
- Let the arms hang straight down, directly below the shoulder.
- Elbows should be slightly flexed and pointing out to the sides.

**The Exercise**
- Raise the arms laterally until they are parallel to the floor.
- Elbows should be slightly flexed.
- Keep the knees flexed, torso inclined and back flat.
- Lower the dumbbells slowly.
- Exhale while raising the weights, inhale while lowering.
- Repeat the movement.
- Maintain body position on the bench, feet on the floor.
- Inhale while lowering the bar, exhale while raising it.
- Repeat the movement.

**Muscles Used**
Posterior deltoids, rhomboids, trapezius.

**Variations**
This exercise may be performed while sitting, or from a prone position on a bench that is high enough to let the arms hang fully extended.

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Advanced

Jerk From Rack

Starting Position
- From a starting position in the squat rack, grasp the bar with an overhand (pronated) grip, slightly wider than shoulder width.
- Position the bar across the anterior deltoid, elbows elevated slightly.
- With eyes focused straight ahead, chest expanded, and back tight and slightly arched, lift barbell from rack and step backward 1 or 2 steps.
- Position the feet approximately shoulder-width apart with toes pointed straight or slightly outward.

The Exercise
- Bend the knees, hips, and ankles, lowering the body about 4 inches.
- Keep the torso straight and rigid throughout.
- At the bottom of the dip phase, drive straight up by rapidly and forcefully extending the legs (a quick stop precedes the drive upward).
- Rapidly shift one foot forward and the other backward.
- Add to the leg drive by pushing the bar to arms’ length overhead.
- Recover from the split position by stepping back with the front foot and forward with the rear foot so both feet are in line.
- Carefully lower the barbell back to the shoulders.
- Inhale before starting the lift, exhale as the bar is locked out.

Muscles Used
Deltoids, triceps, leg and hip extensors. ▲

Note: Heavy weight should not be lowered unassisted to the shoulders. Rather, spotters should lower the barbell, or the lifter should only do single repetitions, ultimately dropping the bar directly to the floor... use bumper plates!