Side lateral raises

Muscles strengthened:
Deltoid, supraspinatus, infraspinatus, and teres minor.

Activities muscles are utilized for:
Hand balancing, canoeing, shot put, pole vault, tennis, archery, batting, fencing thrust, passing a football, tackling, breast stroke, back and crawl strokes, golf swing and handball.

Starting position:
Stand erect with the feet about shoulder-width apart. Grasp a dumbbell in each hand using an overhand grip. The arms are extended downward in front of the body, with elbows bent slightly throughout the motion.

NOTE: You can vary the hand grip. As you change the palms from downward to upward, resistance is moved from the medial deltoid to the anterior deltoid.

Action:
Raise the dumbbells upward from the sides of the body until the arms are approximately parallel to the floor. Return to the starting position.

Precautions:
Keep the body stationary, and do not jerk the dumbbells in the movement.

Figure 1. With a dumbbell in each hand, extend arms downward, in front of the body, elbows slightly bent.

Figure 2. Bring arms parallel to the floor.