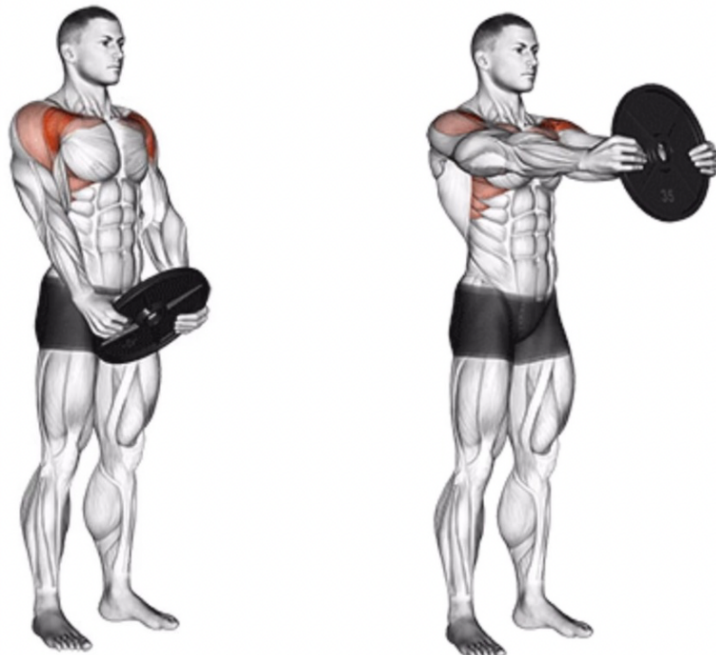


## HOW TO PERFORM A PLATE FRONT RAISE

### **MUSCLES WORKED**

SHOULDERS (LATERAL AND ANTERIOR)  
TRAPEZIUS AND CHEST (UPPER PEC) TO  
HELP STABILISE THE MOVEMENT.



Stand up straight holding a barbell plate with both hands. They should be positioned at the 3 o'clock and 9 o'clock positions. Your palms should be facing each other, and your arms should be extended with your elbows slightly bent. Hold the plate down near your waist. This is the starting position for the exercise.

Raise the plate until it is slightly above shoulder level. Hold the contraction for a second.

Bring the plate back to the starting position, inhaling as you do so.

Repeat for the number of reps in your set.

## **COACHING TIPS:**

It's important to avoid using momentum to lift the plate as this removes tension from the shoulders.

If you find you're struggling to remain stable or lift the weight without swinging, reduce the load or try a seated position.

To adopt the correct grip and positioning, think about placing your hands on the plate at 3 o'clock and 9 o'clock.

This will ensure your hands are in the optimal position to lift the plate, allowing for an effective lift while also minimising strain on the shoulder joint.