

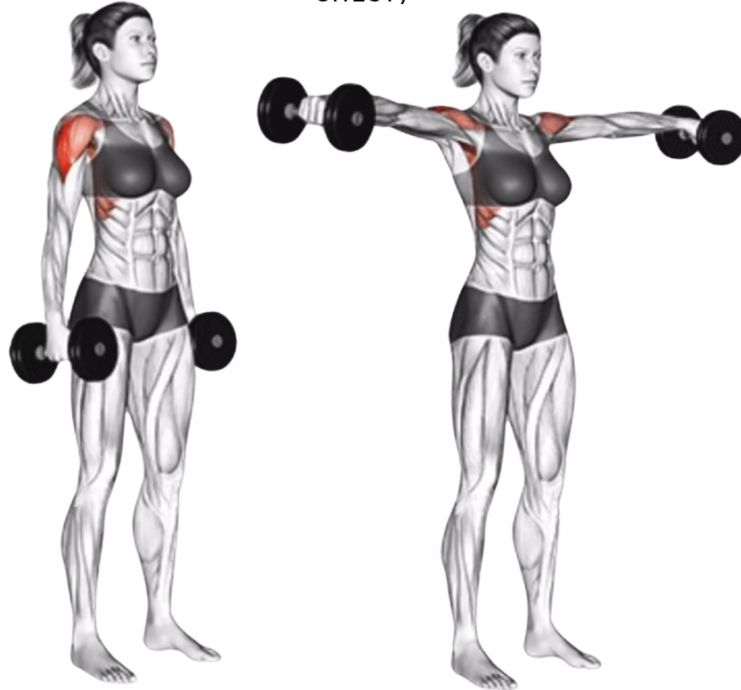
## HOW TO PERFORM A DUMBBELL LATERAL RAISE

### **MUSCLES WORKED**

LATERAL DELTOID MUSCLE (OUTSIDE OF SHOULDER)

ANTERIOR DELTOID (FRONT OF SHOULDER)

SERRATUS ANTERIOR (SIDE AND UNDER CHEST)



1. Grab a pair of dumbbells and keep them by your side with palms facing forward.
2. Keep your torso straight and look forward.
3. Bend your elbows slightly and keep them in that position throughout the entire motion.
4. Raise the dumbbells up, contracting the chest up top.
5. Go back down slowly.