

EXERCISE

Dumbbell Shoulder Lateral Raise

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is called the dumbbell shoulder lateral raise. It's an upper body exercise primarily working the side head of the shoulder.

Once the client is in a standing position holding the dumbbells by their sides, make sure the posture is nice and upright, chest is proud, shoulders slightly drawn down and back.

From there, they're going to raise their arms out to the sides just up to their shoulder level. Brief pause and then smooth and controlled coming down.

As they're going through this movement, you might want to make some adjustments, particularly from the elbow. Just have a slightly softer elbow and that the wrist position is punching out to the side. Relaxing down.

Two more for me Dom. Yes.

And last one.

And controlled coming down.

Excellent.

Main Muscles Involved

- Lateral deltoid
- Posterior deltoid
- Trapezius

