

Lateral to Front Raise

Body Part:

Anterior Deltoid (front), Lateral Deltoid (Lateral), Trapezius.

Equipment:

Dumbbells

Advanced

Modifications:

Increase dumbbell weight by 5lbs



1. Stand holding a dumbbell in either hand by your side.
2. Slightly bend your knees and lift the dumbbells laterally until they're shoulder height.
3. Then bring them back to starting position before raising them directly in front of you.
4. Repeat the sequence.