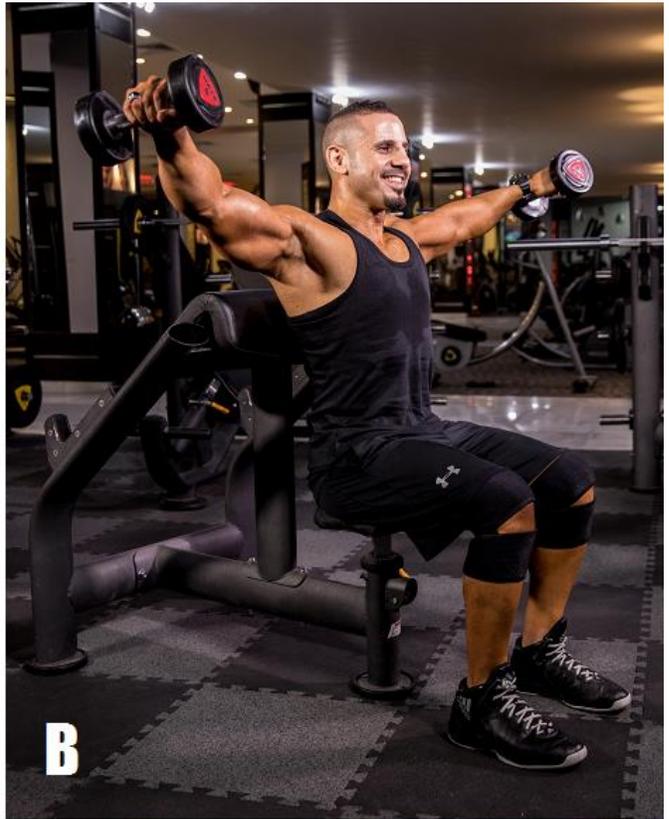


SEATED SIDE & FRONT DUMBBELL RAISES



SEATED SIDE & FRONT DUMBBELL RAISES

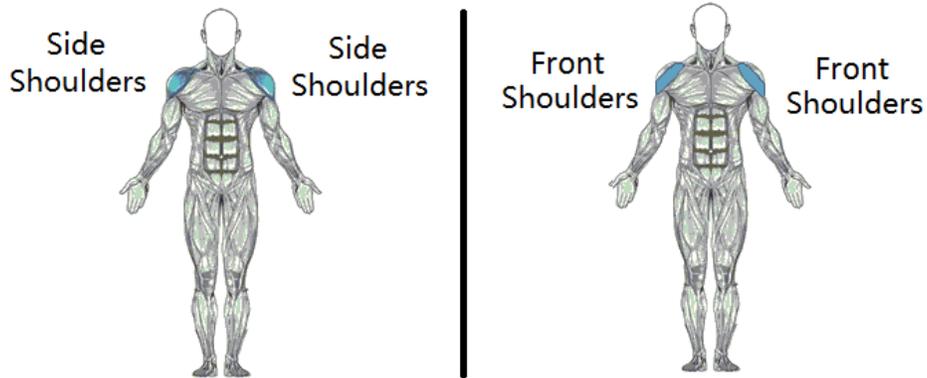
1. Pick a pair of **Dumbbells** and sit comfortably on a military bench or a utility gym chair with back support and no head rest. Hold both **Dumbbells** in a neutral grip with the palms of your hands facing inwards, and with your arms fully extended hanging down at your sides. Place your feet firm on the ground at about hips width apart. This will be your starting position.
2. While maintaining a straight & upright torso, use your side shoulders muscles to lift both weights all the way up to your sides while keeping a slight bent at the elbows, and with the palms of your hands still facing inwards. Continue to go up until your arms are parallel to the floor. **Tip:** Make sure your torso stays stationary, and do NOT swing the weights while performing this exercise.
3. Slowly bring the weights back down to their starting position, while keeping your arms on the same side axis you've used when lifting up the weights, and while keeping the side region of your shoulders muscles fully engaged.
4. Now use your front shoulders muscles to lift both weights all the way up to your front while keeping a slight bent at the elbows, and with the palms of your hands still facing inwards. Continue to go up until the weights are at your eyesight level. **Tip:** Make sure your torso stays stationary, and do NOT swing the weights while performing this exercise..
5. Slowly bring the weight back down to it's starting position, while keeping your arm on the same front axis you've used when lifting up the weight, and while keeping the front region of your shoulder muscles fully engaged.
6. Each (Side & Front) movement should be considered as a 'single repetition'.
7. Continue alternating in this manner for the recommended amount of repetitions.

CAUTION: NEVER use a heavy set pair of dumbbells when performing this exercise to avoid getting any shoulders and/or neck injury. A proper weighted set of dumbbells that are not too heavy should have you mostly engage your shoulders muscles -as it should- without straining your neck or putting your shoulders at risk for injury. Pick a lighter set of dumbbells if you ever felt that you're over straining your shoulders and/or are tempted to swing the weights up. This exercise is not meant to be done with heavy weights, so rather focus on executing a perfect form than focusing on lifting heavy weights. It is normal for you to feel a slight burn in your forearms due to the effort being done to keep holding onto the weights the entire time while performing this exercise.

ALTERNATIVE EXERCISE: [Standing Side & Front Dumbbell Raises](#)

SEATED SIDE & FRONT DUMBBELL RAISES

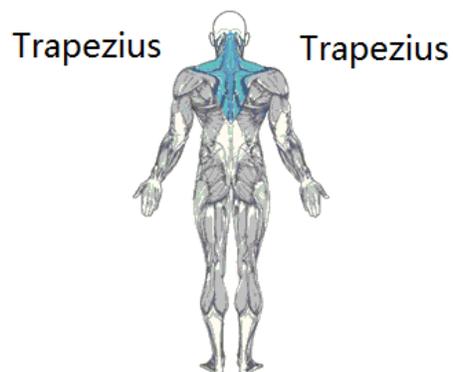
PRIMARY MUSCLES



A **primary muscle** is the main muscle group responsible for controlling a certain movement or used when performing a certain exercise.

Muscle engagement should be **%90 - %80** when performing this exercise.

SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%10 - %20** when performing this exercise.

SEATED SIDE & FRONT DUMBBELL RAISES



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