

# BAND SIDE RAISES



1. Stand tall while stepping on the exact center of a resistance band with your feet close to each other. Make sure the length of the band is equal on both sides. Grab both arm grips of the band with one in each hand held down at arm's length just near your thighs, with the palms of your hands facing inwards. This will be your starting position.
2. Now use your side shoulders muscles to raise both arm grips all the way up to your sides until your hands reach or surpass your shoulders level. Make sure to have a slight bent at the elbows while raising your arms, and always maintain a straight & upright posture while performing this exercise.
3. Slowly lower the arm grips back down to their starting position, while keeping your side shoulders muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.

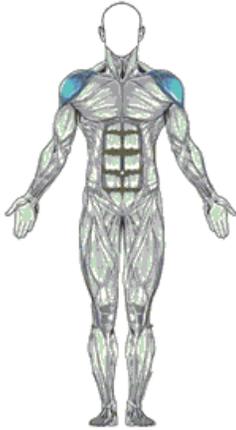
**CAUTION:** Band Resistance strength can be easily manipulated by simply moving your feet inwards or outwards. You can increase the band strength by moving your feet away from each other to make the band shorter -tougher to raise, or you can decrease the band strength by moving your feet closer to each other and make it longer -easier to raise.

**ALTERNATIVE EXERCISES:** [Standing Side Dumbbell Raises](#) / [Seated Side Dumbbell Raises](#)

# BAND SIDE RAISES

## PRIMARY MUSCLE

Side  
Shoulders



Side  
Shoulders

## SECONDARY MUSCLE

Trapezius



Trapezius

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

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

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 **%20 - %10** when performing this exercise.



TM

**#YOUR\_BEST\_STARTS\_HERE**

[www.fitnesslegacy.net](http://www.fitnesslegacy.net)