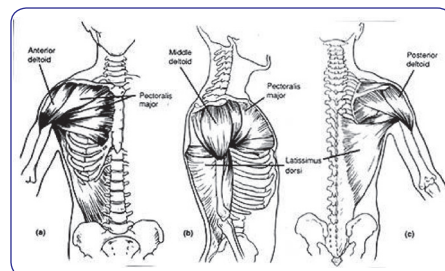


Shoulder (Deltoid)

The Deltoid is a three-headed muscle that caps the shoulder. The three heads of the Deltoid are the **Anterior**, **Lateral**, and **Posterior**.

All three Deltoid heads attach to the humerus (upper arm). The Anterior and Lateral heads originate on the clavicle (collarbone), while the Posterior head originates on the scapula (shoulder). The function of the Deltoid muscle is essentially to move the arm away from the body.

The Anterior head raises it away to the front, the Lateral head up and away to the side and the Posterior head away to the rear.



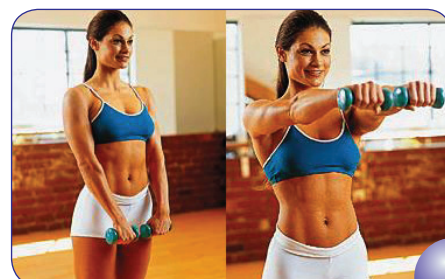
DUMBBELL SHOULDER PRESS: MAIN TARGET – ANTERIOR DELTOID

- Stand with feet hip width apart and both feet facing forwards
- Ensure your spine is straight through out the exercise
- Raise the dumbbells to shoulder height, with your palms facing forwards
- Lift the dumbbells up bringing the weight above your head in a smooth motion
- Inhale as you lift the weight up and exhale as you lower the weight back down to your shoulders, then repeat
- This exercise can be performed either seated or standing, with both hands or alternating each arm. For an extra challenge try sitting on a fitball with feet on floor/off floor or kneeling on the ball!



FRONTAL RAISE: MAIN TARGET – ANTERIOR DELTOID

- Stand with feet hip width apart and both feet facing forwards
- Ensure your spine is straight throughout the exercise
- Start with arms straight down by your side and palms facing back
- Raise the dumbbells up in front of you so your arms are parallel to the floor, in a smooth motion
- Inhale as you lift the weight up and exhale as you lower the weight back down, then repeat
- This exercise can be performed either seated or standing, with both hands or alternating each arm. For an extra challenge try sitting on a fitball with feet on floor/off floor or kneeling on the ball!



LATERAL RAISE: MAIN TARGET – LATERAL DELTOID

- Stand with feet hip width apart and both feet facing forwards
- Ensure your spine is straight throughout the exercise
- Start with your arms by your side or in front with your palms facing each other
- With elbows slightly bent, raise upper arms to sides until elbows are shoulder height in a smooth motion
- Maintain elbows height above or equal to wrists
- Inhale as you lift the weight up, and exhale as you lower the weight back down, then repeat
- This exercise can be performed either seated or standing, with both hands or alternating each arm. For an extra challenge try sitting on a fitball with feet on floor/off floor or kneeling on the ball!



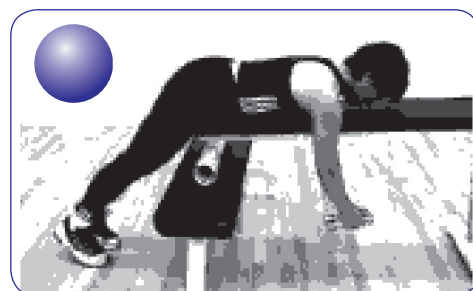
UPRIGHT ROW: MAIN TARGET – LATERAL DELTOIDS

- Stand with feet hip width apart and both feet facing forwards
- Ensure your spine is straight through out the exercise
- Start with your arms straight down, holding the dumbbells with palms facing the front of your thighs
- Keep dumbbells about 10 inches apart and pull the dumbbells straight up until nearly even with your chin in a smooth motion
- Keep your elbows up and out and the weights close to your body
- Inhale as you lift the weight up and exhale as you lower the weight back down, then repeat
- This exercise can be performed either seated or standing, with both hands or alternating each arm. Can also be performed using a barbell instead of dumbbells



BENT LATERAL RAISES: MAIN TARGET – POSTERIOR DELTOID

- Lay face down on a bench
- Hold dumbbells below each side and you palms facing the middle
- Raise arms up so they are parallel to the floor, maintaining the height of the elbows above the wrist in a smooth motion
- Inhale as you lift the weight up and exhale as you lower the weight back down, then repeat
- This exercise can be performed either with both hands or alternating each arm Try laying on a fitball instead of a bench for an extra challenge



 Can be performed on a fitball

