

Standing Lateral Raise With Bands

Area Targeted: Side Shoulder



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=ivk5wrpBp1A>

INSTRUCTIONS:

SET UP:

Anchor: Not required.

Bands: Attach a handle to each end of the band(s).

Body Positioning: Stand on the band(s) hips width apart. Now grip a handle in each hand and stand up straight with your back straight, head straight, chest up, and stomach tight. Start with your arms slightly bent and palms facing in, at your sides.

MOVEMENT:

Raise your arms straight out to the sides, until your elbows are at shoulder height. Return to the starting position (controlling the resistance). Repeat.

POINTS TO REMEMBER:

1. Rotate your upper arm bone forward so that as you raise your arms out to the side, your elbows are higher than your hands.