Title: Dumbbell Bent Over Lateral Rear Delt Raises / Flyes

Primary Muscle Groups: Shoulders

Secondary Muscle Groups:

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin by holding a pair of dumbbells and standing with a braced core. Bend at the knees slightly and lean forward from the hips. Maintain a flat back throughout.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Keeping your elbows slightly bent throughout the movement, lift the dumbbells up and out to the side. Be sure to focus the contraction in the back of the shoulders.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Pause at the top of the movement then slowly bring the dumbbells to the starting position.</span></li>

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