Title: Lateral / Side Shoulder Dumbbell Raises / Power Partials

Primary Muscle Groups: Shoulders

Secondary Muscle Groups:

Summary: <ol>

<li>Stand with your back straight, feet shoulder width apart, while holding a dumbbell in each hand with a neutral grip.</li>

<li>Hold your arms fully extended by your side, with your palms facing in to your body.</li>

<li>Keep your elbows close to your sides. This is the start position.</li>

<li>Keeping your arms fully extended and your torso stationary, lift the dumbbells out to your sides and up until they are at shoulder level. Exhale as you do so.</li>

<li>Hold for a count of one while squeezing your shoulder muscles.</li>

<li> Return to the start position in a smooth controlled movement inhaling as you do so.</li>

<li>Repeat.</li>

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