

Dumbbell 6-Ways Exercise

The Dumbbell 6-Ways exercise is a highly effective workout for shoulder development. It targets all three heads of the deltoid muscle (anterior, medial, and posterior) while also engaging stabilizing muscles. It is performed as a sequence of six movements in one rep.

Steps to Perform

1. Starting Position: Stand or sit with dumbbells at your sides, palms facing inward.
2. Lateral Raise: Raise the dumbbells out to the sides to shoulder height.
3. Front Raise: Bring the dumbbells forward to shoulder height.
4. Overhead Raise: Lift the dumbbells overhead with arms fully extended.
5. Reverse Overhead: Lower the dumbbells back to shoulder height in front.
6. Reverse Front Raise: Move the dumbbells back to the sides at shoulder height.
7. Lower: Return the dumbbells to the starting position at your sides.

Tips for Proper Form

1. Use light weights to maintain control and proper form.
2. Keep your movements slow and controlled to avoid using momentum.
3. Focus on engaging your shoulders and avoid overusing the traps.

Benefits

1. Targets all heads of the deltoid for comprehensive shoulder development.
2. Improves shoulder stability and endurance.
3. Adds variety and intensity to shoulder workouts.