

DELTOID WORKOUT

ORIGYM



Frontal Raise

- Standing with feet shoulder width apart, slight bend in the knees, brace core & pull shoulder blades down & back.
- Raise dumbbells straight up in front of body to shoulder height, while maintaining a slight bend in the elbow and palms in Aa prone or neutral position.
- Return to the starting position under control while maintaining good posture throughout.



Frontal Raise

- From the seated position, grasp the grips at shoulder height with wrists and elbows directly under the grip in a vertical position.
- From this position, press the weight up in a straight line without flaring elbows out or overarching the back.
- Return to the starting position of shoulder height under control and ensure elbows and wrists stay in vertical position throughout.

Lateral Raise

- From the standing position, grasp the bar/dumbbells at shoulder height with wrists and elbows directly under the weight in a vertical position for support.
- From this position, press the weight up in a straight line without flaring elbows out or overarching the back.
- Return to the starting position of shoulder height.

Triceps Pushdown

- Grab the horizontal grips with a pronated grip and push the chest into the padding on the seat, feet firmly on the floor.
- With your elbows slightly bent, retract the shoulder blades and pull the arms of the machine backwards and in-line with the body.
- Return under control to the start position.

KEY:

FX

FW

BW

ISO

COM

