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INSTRUCTIONS

DUMBBELL FRONT RAISE AND LATERAL RAISE

CATEGORIES: Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/dumbbell-front-raise-and-lateral-raise/>

Acrobatics

Shoulders

Turns

Upper Body



STEPS:

- Start with your feet hip distance apart with a dumbbell in each hand.
- Keeping your palms down, raise your arms straight out in front of you to shoulder height.
- Lower your arms back down.

Repeat 8-12 times.

- Bring your arms out to create a curved "T" in front of you. You should be able to see your hands in your peripheral vision. Keep your palms facing down.
- Lower your arms back down to your side.

Repeat 8-12 times.

Then rest.