

## Exercise Guide for a Glorious Look!

### Deltoid Muscle - Front Head Cable Front Raise

#### Set Up





Here the movement goes towards the front so a 'lunge' posture gives a lot of stability while the cables support the stability towards the sides.

Although the movement comes from the rolls those are fixed. This is a much more controlled setup compared to the ['Dumbbell Front Raise'](#).

Because the pull comes from the side/back and the handles are small, the legs don't get into the way. Again: Compared to the 'Dumbbell Front Raise' where the weight has to be kept in front of the legs, a 'lunge' wouldn't be an option (see as well: [Handling Weights](#)).

**Grab the handles** of the cable which is fixed on floor level.

**Position yourself** in the middle between the fixings of the cable slightly behind. Then with one foot take a step forward and feel your weight on the front foot by shifting the hips forward as well. Don't twist the hips/waist. The whole pelvis is straight and upright as if you would have your feet together and the shoulders are in the same line.

**Hold the tension** in the neck shoulders and arm by having the arms slightly bent.

Take a **deep breath in** through the nose, **build up the tension** in the upper body, **clench the buttocks** and **raise the weight** until the arms are parallel to the floor **while breathing out** through the mouth.

This counts as 1 repetition.

Let the weight down controlled and slowly.