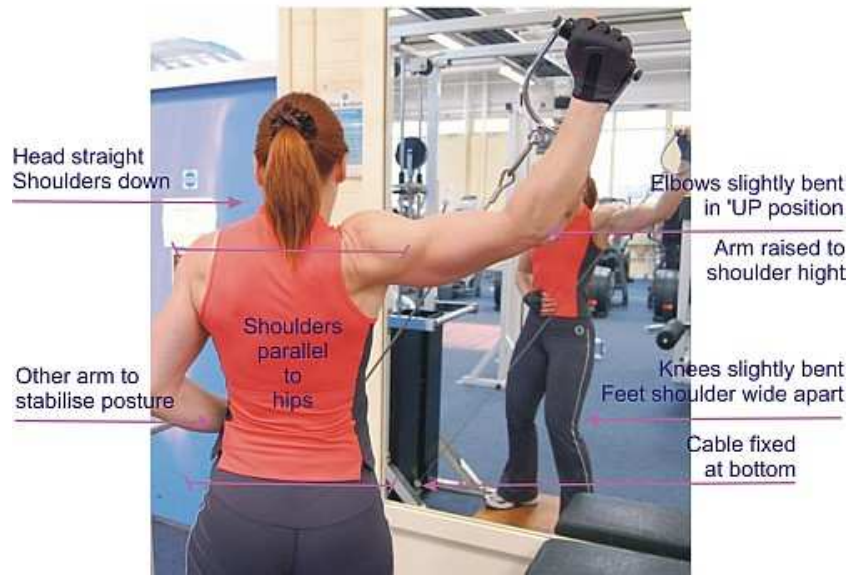


Exercise Guide for a Glorious Look!

Deltoid Muscle - Middle Head

Lateral Cable Lift

Set Up



From Start to UP and Down again!



Grab the handle from the ground keeping the back nice and straight.

Find the right posture and position. I prefer to stand a few degrees open to the cable so that the movement starts a bit in front of me and goes up a bit diagonally towards the back. Usually this exercise is performed standing absolutely parallel to the cable in order to isolate the middle head as much as possible - what is hard to achieve. I open my position a bit for the following reasons:

- Standing parallel, the cable scratches along the clothes and the other hand which I need to control my posture. I just don't like that. The other option would be to bend forward a bit, what I don't like either.
- Opening up slightly involves the back head which I find hard to train. So I give it a bit of an extra training.
- For some reason the movement feels more controlled to me. I find it more important **not**:
 - to wiggle back and forth or
 - to bend the back or
 - to rip the weight up by bending forward before lifting the arm

But try it out. The important thing is to be comfortable during the movement and to feel the right muscle pounding when the blood flushes in after the set.

Feel the tension in the muscle,

Clench the buttocks for solid posture,

Take a deep breath in through the nose,

Lift the arm while **breathing out** through the mouth.

This counts as one repetition.

Slowly **let the weight down** while **holding the tension** at all times and **breathe in** through the nose.



The **DOWN** movement is as important as the **UP** movement. Don't let the weight 'fall'. The whole exercise is like a hydraulic pump: Slow and rhythmic.

After the last repetition **turn round to use the other arm.**