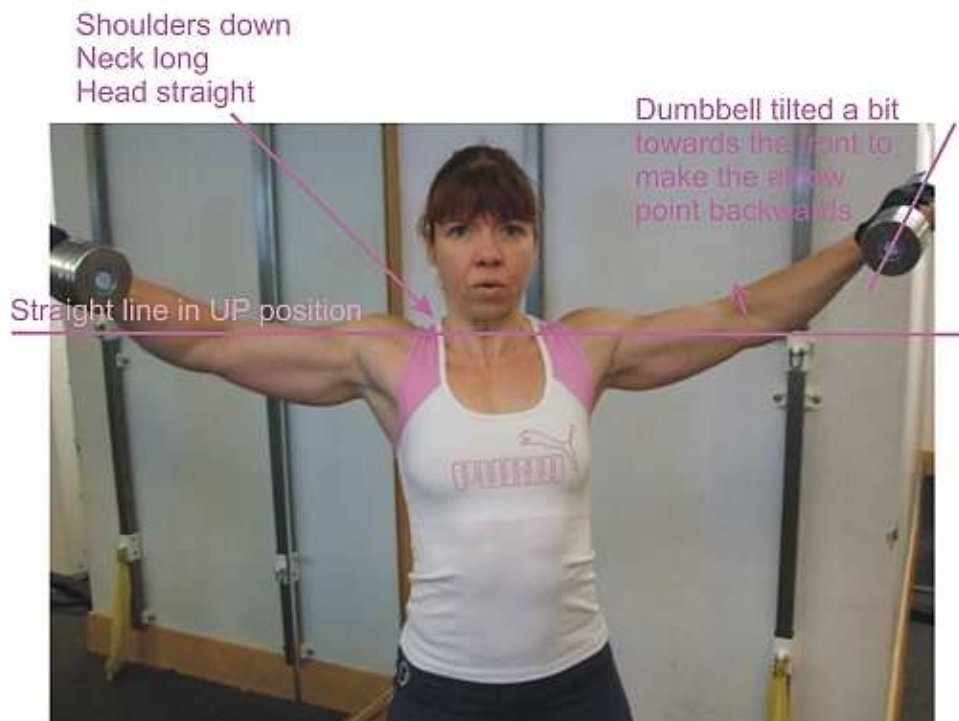
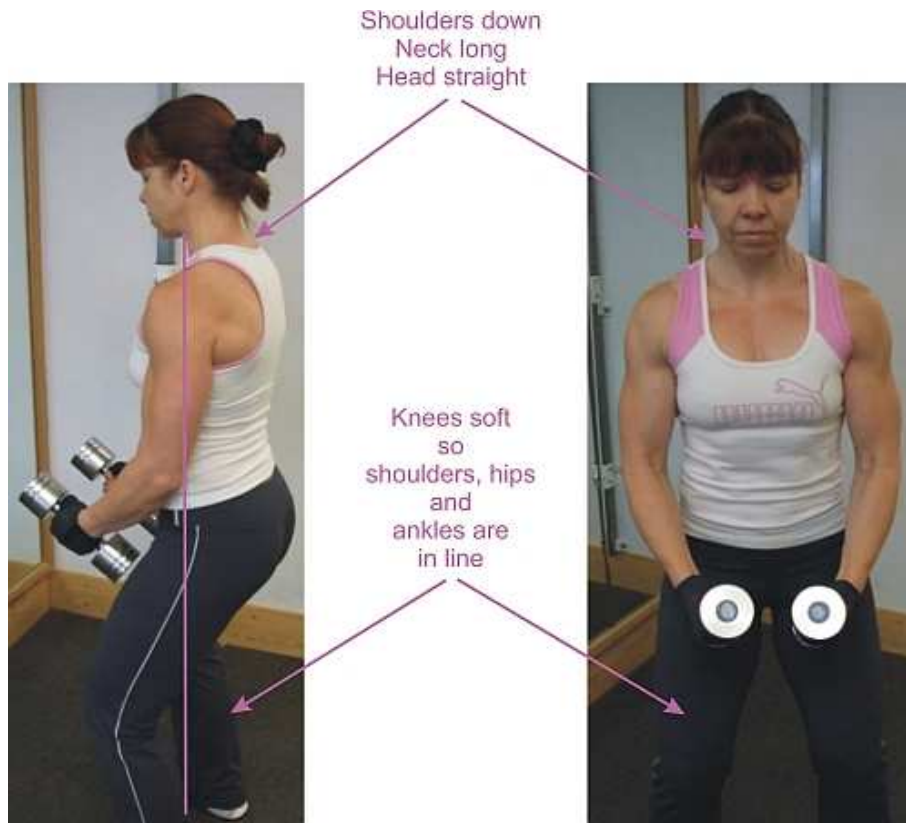


## Exercise Guide for a Glorious Look!

### Deltoid Muscle - Middle Head Dumbbell Lateral Lift Set Up



## From Start to UP and Down again!



Take the **dumbbells** and hold them **in front of your thighs**.

**Shoulders** are **down** and back, **knees soft**, **feet shoulder wide** apart, **arms slightly bent**.

**Concentrate** on the weight while keeping the **head straight** and the **neck long**.

Take a **deep breath in through the nose**, increase the tension in your upper body, **lift the head** slightly and **lift the weight** while **breathing out through the mouth**.

Lift until **shoulders** and **upper arm** build a line.

**At the end** tilt the **dumbbell** a bit towards the front as shown in the setup image. You will feel that this will give the elbow a little more of a lift.

This counts as one repetition.

Let the **dumbbells down** to start position while **breathing in** keeping the tension at all times. As always: The 'down' movement is as important as the 'up' movement.