

Personal Training by Robert J. Bovee

Researched & Written by Robert J. Bovee Certified Master PPT, RTS, ETS, FTS, LMS, WMS, HWFS, SNS, SSCS, MES, E/FT, PSCS, PRCS

INCLINE SIDE LATERAL (DUMBBELLS)

A. Emphasis. The primary muscles stressed in this movement are the shoulder muscles (medial deltoid). The secondary muscle stressed is the trapezius.

B. Starting Position. Grab a dumbbell in your right hand. Lay on your left side on an incline bench set at **55** degrees with your armpit over the top of the bench. Lean against the bench if you are too short to get your armpit over the top of the bench comfortably. Extend your right arm in front of and close to your body with your palm facing the floor. Keep your elbow slightly bent.

C. Movement. Keeping a slight bend in your elbow, raise the dumbbell out from your side until your elbow is in line with your shoulder. Take **2 to 3** seconds to lower the dumbbell down to the extended position. Complete all repetitions on one side before repeating on the left side.

D. Training Tips.

- 1) Be sure to lead with your elbow to help isolate the medial deltoid.

E. Warning Tips.

- 1) **Do not** shrug your shoulder when raising the dumbbell. Failure to do so can result in injury to your shoulder, trapezius and neck.
- 2) **Do not** lower the dumbbell any faster than **2 to 3** seconds. You must be in control at all times during this movement. The faster you perform this movement, the less control you will have, which in turn will increase your risk of injury.