

**FRONTAL
RAISE**

10S RESET IN BETWEEN MOVES

8-10 LIGHT FRONT RAISES (BOTH ARMS)

8-10 LIGHT ALTERNATING RAISES (5 EACH ARM)

8 LIGHT SINGLE ARM RAISES (RIGHT ARM ONLY)

8 LIGHT SINGLE ARM RAISES (LEFT ARM ONLY)

10S RAISE HOLD

8 PULSES (BOTH ARMS)

REPEAT THIS SET 3X EVERYDAY!

VERY LIGHT WEIGHTS OR BODYWEIGHT

FRONTAL RAISE

HOW TO RAISE PROPERLY

- FEET UNDER HIPS, LIGHT BEND IN THE KNEE (DONT LOCK OUT!)
- TUCK YOUR HIPS UNDER AND ENGAGE YOUR GLUTES AND CORE BEFORE YOU MOVE. ROLL YOUR SHOULDER UP, BACK THEN DOWN AND KEEP THEM THERE.
- DO NOT SCRUNCH YOUR SHOULDERS UP TO YOUR EARS- THIS WILL CAUSE REALLY UNNECESSARY TENSION EVERYWHERE FOR YOU.
- KEEP YOUR HEAD AND NECK SQUARE AND LOOK FORWARD.
- BRACE YOUR CORE AND START TO RAISE YOUR ARMS, DO NOT LOCK OUT YOUR ELBOW- IT IS SAFE AND BETTER TO HAVE A SLIGHT BEND AT THE JOINT.
- AS YOU LIFT YOUR ARMS UP, PRODUCE A BIG EXHALE THROUGH YOUR MOUTH AND AS YOU LOWER THEM DOWN TAKE A NICE INHALE THROUGH YOUR NOSE.
- IF YOUR FORM FALTERS, JUST RE-SET AND YOU SRE GOOD TO GO