

Side Lateral Raises

This exercise mainly works out the Medial Deltoid.

Begin with your feet shoulder width apart, while holding dumbbells in each hand by your side. Slowly raise the dumbbells up and out to your sides to shoulder height. Maintain a slight bend in your elbows throughout the duration of the move. When your arms reach their highest point, pause briefly, then slowly lower the dumbbells to the starting position.

