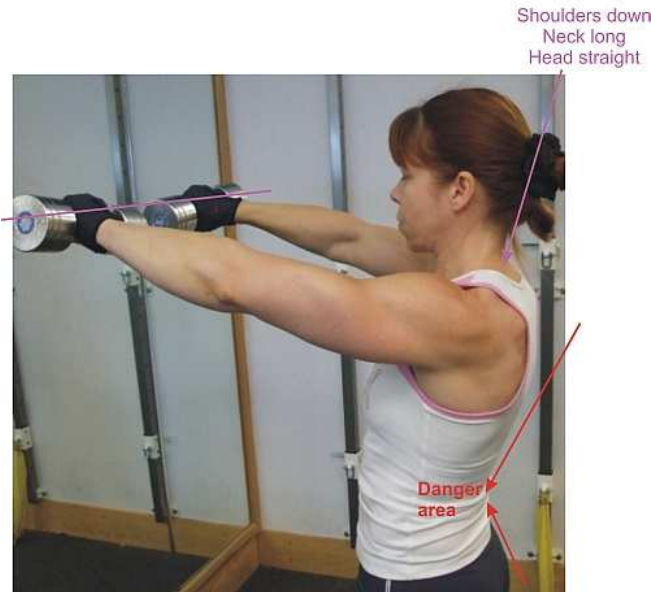


## Exercise Guide for a Glorious Look!

### Deltoid Muscle - Front Head Dumbbell Front Raise

#### Set Up



This exercise can be performed with a barbell as well, and is not really useful for heavy weights. It belongs more into the 'BodyPump' Aerobic area where a lot of repetitions with small weights are done.

However I sometimes see it done in the gym and hence feel it important to include it into the collection of exercises.

During the movement the centre of gravity of the body-weight setup is moving far into the front of the body. **Do NOT counter this excess weight by bending back.**

In order to do it with heavy weights, it needs strong back muscles and buttocks.

I personally find 'Cable Front Raise' much more beneficial and less risky.

Take the **dumbbells**, hold them **in front of your thighs**, and **line them up as if holding a barbell**.

**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, **clench the buttocks** and **lift the weight to the front** while **breathing out through the mouth**.

This counts as 1 repetition.

Keep the **back straight** and the **buttocks clenched at all times**, and keep the tension during the 'down' movement as usual.