

FRONT RAISES WITH PLATE 10KG

START



MIDDLE



END



- Stand straight, with feet shoulder width apart
- Hold a weighted plate in both hands at the 3 and 9 o'clock positions
- Your palms should be facing each-other
- Your arms should be extended and locked with a slight bend at the elbows
- The arms will remain in this position throughout the exercise
- The plate should be down near your waist in front of you as far as you can go

- As you exhale raise the plate until it is a little above shoulder level
- Hold for a second
- Do not swing the weight
- Your torso should remain stationary throughout the movement

- As you inhale, slowly lower the plate back down to the starting position
- Do not drop the weight into your thigh
- Repeat for the recommended amount of repetitions

MUSCLES TARGETED

DELTOID

- This exercise is an isolation exercise which isolates shoulder flexion
- It primarily works the anterior deltoid, with assistance from the serratus anterior, biceps brachii and clavicular portions of the pectoralis major

NOTE

The single movement of front raises with plate will not only develop a sizable front deltoid but it also will give you the strength needed for all other pressing movements.