

BENT OVER REAR DELT RAISES DB

START



- Feet shoulder width apart
- Grip one dumbbell in each hand
- Bend forward from the hips until your torso is parallel to the floor
- Keep your chest out and back flat
- Knees slightly bent
- Let the dumbbells hang below your shoulders with your elbows straight but not locked out
- Palms facing each other

MIDDLE



- Keep your torso forward and stationary and core tight
- Keep arms with a slight bend at the elbows
- Exhale and lift the dumbbells up and out to your sides until both arms are parallel to the floor
- Do not bounce your knees and rock your upper body to add momentum to your reps

END



- After a contraction at the top, slowly and with control bring the DB's to the start position
- Ensure breathing is efficient with an inhale on the lowering phase and exhale on the lifting phase
- Repeat for the recommended amount of repetitions

MUSCLES TARGETED

REAR DELTOID

- The main muscles used in the Bent-Over Lateral Raises is the posterior deltoid. This part of the deltoid is on the back of your shoulder. It also works other large muscles in your back, but the posterior deltoid is the main focus of the exercise.

NOTE

If the weight is too heavy, your body may be prone to rocking and swinging. This makes it a momentum exercise and doesn't sufficiently challenge the rear deltoid. It also takes the dumbbells out of the ideal path to safely work your upper back and rear deltoids.