

Triple Threat Shoulder Raise Combo

Purpose: Strengthen all three heads of the deltoid in one exercise

Target Muscles: Front, medial, and rear deltoid

Assisting Muscles: Rotator cuff, stabilizers, and core

Equipment Needed: Dumbbells

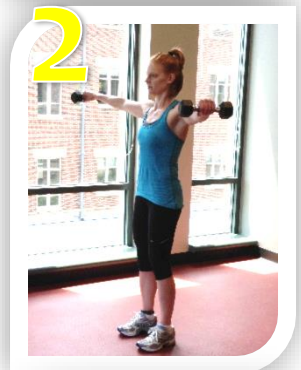
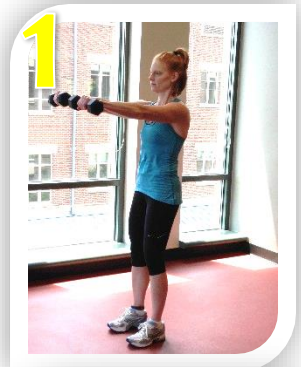
Start: Begin standing, feet no more than shoulder width apart. Hold dumbbells in each hand, arms extended down to the floor with palms facing the thigh. Engage the abdominals and lift the chest to stand with tall posture.

Front Raise: From start position, slowly raise the arms out in front of the body keeping the elbows straight (but not locked) throughout the movement. Slowly lower the arms back to start.

Side Raise: Turn palms out so that dumbbells are now at the sides of the thighs. Slowly raise the arms out to the sides, up to shoulder height. Elbows are mostly straight with a soft bend. Slowly lower the arms back to start.

Rear Delt Fly: Hinge forward from the hips, keeping the back flat. Arms are now hanging slightly in front of the body, about level with the knees. Slowly raise the arms out and back until level with the torso. Elbows have a soft bend. Slowly release the arms back to the front of the body, then return to stand/start position.

Repeat all three movements as one repetition to complete 8-12 reps. Allow 30-60 seconds rest and repeat to achieve 2-3 sets total. For an easier alternative, perform this exercise while seated on a weight bench or chair.



Challenge

For a more intense option and core challenge try to perform all three movements while balancing on one leg. Perform the front (1) and side (2) raises with one foot raised and knee lifted, then perform the rear delt (3) by hinging forward and extending the raised leg back. Do all 8-12 reps on one side, then repeat with the other leg lifted.