



ELITE PERFORMANCE SERIES

Strength & Power Training



Dumbbell Side Raises

Purpose:

- **Strengthening exercise for the obliques**

Start/Finish Position:

- | | YES | NO |
|---|--------------------------|--------------------------|
| ▪ The dumbbell is held with an overhand grip, the other hand is relaxed by the side | <input type="checkbox"/> | <input type="checkbox"/> |
| ▪ Stand next to a wall or solid post | <input type="checkbox"/> | <input type="checkbox"/> |



Phase I:

- | | | |
|---|--------------------------|--------------------------|
| ▪ Slowly lower dumbbell to the side keeping contact with the wall through the hip | <input type="checkbox"/> | <input type="checkbox"/> |
| ▪ Keep lower-body still | <input type="checkbox"/> | <input type="checkbox"/> |
| ▪ Continue until full stretch is felt in the obliques | <input type="checkbox"/> | <input type="checkbox"/> |



Phase II:

- | | | |
|--|--------------------------|--------------------------|
| ▪ Raise the upper-body back to the starting position using the oblique musculature | <input type="checkbox"/> | <input type="checkbox"/> |
|--|--------------------------|--------------------------|



Variations:

- Use straps to hold the dumbbell if needed
- Stand on balance device
- Strap around waist secured to the wall