



ELITE PERFORMANCE SERIES

Strength & Power Training



Lateral Raises

Purpose:

- **Strengthening the shoulders and traps**

Start/Finish Position:

- Athlete starts with an athletic stance
- Keep the back straight with dumbbells hanging by either side of the body, knees slightly flexed

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>



Phase I:

- Raise the dumbbells laterally to the side
- Elbows are kept slightly bent during the entire movement
- Lift the dumbbells to slightly above shoulder level

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>



Phase II:

- Lower the dumbbells slowly with control
- Finish in the strong athletic position

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>



Variations:

- Standing on bosu