

## **Exercise of the week – Lateral Raise**

Lateral raise strengthens and tones the shoulder muscles. It is also a good exercise to practice shoulder stability. This is the ability to keep your shoulders back and down as you elevate the arms and prevents the muscles of the neck getting over worked, tight and sore.

### **Beginner**

Sit on a fitball with your back straight and abdominals activated. Place a band underneath the ball and hold an end in each hand. Keeping a slight curve in your elbow, raise one arm to the side up to shoulder height, then lower. Raise and lower your other arm. The ball will help you to keep a good posture. Moving one arm at a time allows you to focus on stopping the shoulders from coming up towards the ears.

### **Intermediate**

Standing with feet hip width apart, knees slightly bent and abdominals activated. Hold a dumbbell in each hand. Keeping a slight curve in your elbows raise both arms to the side up to shoulder height, then lower. Focus on maintaining a good posture and shoulder position.

### **Advanced**

Standing on one leg, perform the exercise as before with a band or dumbbells, arms alternating or together. Lifting a foot off the ground removes one of your bases of support. This allows you to train your deep abdominals improving core stability – and without the use of any extra equipment! Remember to perform the exercise on both legs as your level of strength, balance and stability will differ on each side.