

**Lateral Raise**

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- Sit on a chair or other object that has a back for added support
- Grasp the dumbbells in your hands and bend your elbows to 90 degrees
- Throughout the exercise, your elbows need to stay bent at this angle
- Sitting up tall with good posture, tighten your abdominal muscles
- Raise your elbows and wrists at the same time until they are at shoulder height
- Return slowly to the start position; repeat
- Don't "flap" your elbows; raise them under control at the same time that you move your wrists.

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**Disclaimer:**

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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