

## Dumbbell Side Lateral Exercise

1. Stand with your knees slightly bent and your feet flat on the floor, your back straight. Bend your arms forward at a 90 degree angle with your palms facing towards one another, grasping a dumbbell in each hand.
2. Using your shoulders, raise your arms like chicken wings, maintaining the bend in your elbows and the position of your palms. As you raise your arms, your shoulders will rotate the dumbbells forward so you wind up with your palms facing the ground.
3. Raise your arms until your elbows are parallel to your shoulder. Lower and repeat.

