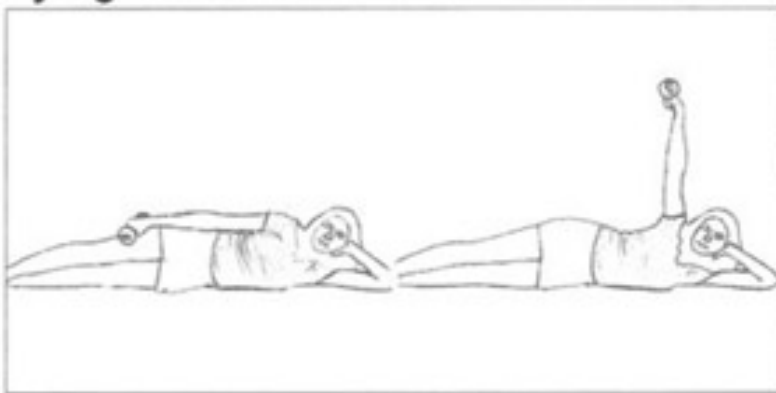




# Perfect Fit Personal Training<sup>SM</sup> & Get Fit Boot Camp<sup>SM</sup>

## Lying Lateral Side Raise - dumbbells



### Lying Lateral Side Raise - dumbbells

#### Key Points:

Keep your wrist straight and do not twist it.

Move your arm up and down in a slow, controlled motion.

#### Instructions:

1. Lie on your left side on the floor, legs stacked, hip toward ceiling.
2. Hold dumbbell in right hand, arm straight at side palm facing thigh.
3. Raise dumbbell toward ceiling, knuckles end up facing the ceiling, do not turn wrist.
4. Lower to starting point and switch sides.