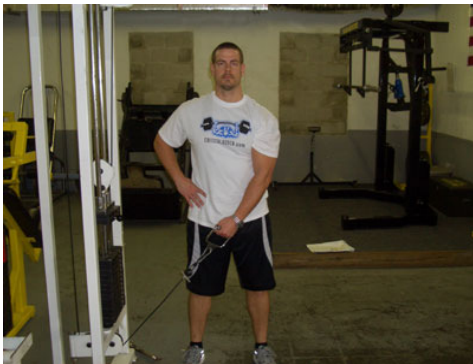


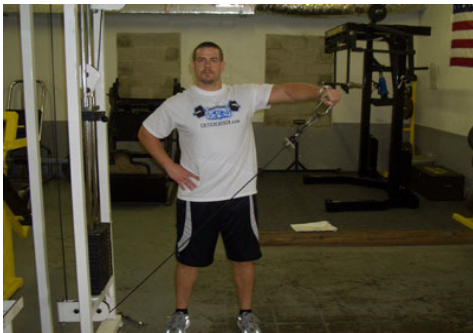


Cable Lateral Raise

Stand with feet hip distance apart, soft knees, tight core muscles and grab the low cable opposite to the working arm



In a rapid motion raise the working arm to shoulder level, not allowing the wrist to travel above the elbows



Lower the arm back to the start in a slower and controlled manner. Repeat for the desired repetitions and complete with other arm.

