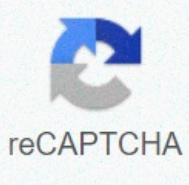


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Lateral deltoid exercises

The side delt plays an important role in how your shoulders look and feel. Focusing on this area can really make a difference in your upper arm so you want to give it the best exercises that'll promote growth and development So what are the best 9 side delt exercises? Dumbbell Side Lateral Raises Side Plank with Arm Raise Barbell Upright Row Seated Arnold Press Seated Dumbbell Military Press One-Arm Cable Raise Behind-The-Back Cable Raise Seated Behind-The-Neck Press Incline W-Raise By including these exercises in your training, you'll get an upper arm workout that'll challenge you and maximize results. Let's dive into these exercises in more detail so you know how to perform them properly! Need a workout program? Get 3 free workouts on Fitbod right now. Get 3 Free Workouts on Fitbod What Is The Side Delt? The deltoid muscle is the triangular-shaped part of your upper arm and shoulder muscle. Its purpose is to move the arm away from the body and to the side. There are three parts to the deltoid muscle: the front, middle and rear. While each is important in the functioning of your upper arm and shoulder, this article will focus on the middle deltoid, also known as the side delt. Related Article: 3 Awesome Resistance Band Shoulder Workouts The 9 Best Side Delt Exercises DUMBBELL SIDE LATERAL RAISES How To Perform Get a pair of dumbbells of equal weight. Stand with your feet hip-width apart, planted firmly in the ground. Hold one dumbbell in each hand in an overhead grip with your arms by your sides. This means that your palms should be facing your body. Engage your core and keep your back straight as you raise your arms to the side. Keep raising them until they are parallel to the floor. Your arms shouldn't be completely locked out straight either; your elbows should have a slight bend in them. Also, be careful not the "shrug" the weight up—you want your side delts to be doing all the work. Lower the weights back down to your side in a slow and controlled motion. Don't just let them drop down. Notes: If you have to swing your body to get the weight up, then you've chosen dumbbells that are too heavy. Lower the weight until you find one that is challenging enough to work your side delts while still allowing you to execute it with good form. Remember, you'll only be doing yourself a disservice if you have to swing it up as it's not really isolate the delts so don't worry about having to drop the weight. In addition, don't lift higher than shoulder level. This won't work the side delts more. In fact, it'll actually take the focus away from the side delts and onto your traps instead. SIDE PLANK WITH ARM RAISE This exercise will not only challenge your side delts but also your core, particularly your obliques. How To Perform Lie on the floor on your side, resting on your left elbow. Engage your core and lift your hips up, supporting yourself on the left elbow. You want to be as high in the air as possible while staying grounded. Ensure that your body is in a straight line with your right foot either on top or in front of your left foot (the side that's bearing the weight). Extend your right arm (the one that isn't on the ground) in the air so that it makes a straight line with your other arm. By using your resting arm this way, you can work both side delts simultaneously. Lower your hips back to the floor and lift it back up in position again. Repeat your reps on one side before switching to the next. Notes: If it's too challenging to include an arm raise with your side plank, then omit the arm raise until you've built enough strength and core work to include it. When you change sides, you'll be working the other arm anyway, with or without the arm raise. BARBELL UPRIGHT ROW How To Perform Stand with your feet slightly wider than hip-width. Hold the barbell in front of you in an overhead grip. In this case, your palms should be facing your body. Make sure that your hands are slightly closer than shoulder-width apart. Keep your back straight and engage your core. Slowly, bring the barbell up, bending your elbows out to the side. You want to keep the bar as close to your body as possible. Keep pulling the bar up until it reaches your chin. Pause at the top before slowly lowering the bar, and repeat. Notes: Likewise with the lateral raises, keep your body still. Using momentum to row the barbell will only do you a disservice as you won't be getting the most out of the exercise. SEATED ARNOLD PRESS How To Perform For this exercise, you'll need a pair of dumbbells of equal weight. Sit on an incline bench set at a 90-degree angle. Ensure that your back is flat against the surface. Plant your feet firmly on the ground. Hold the dumbbells in one hand each as if you're in the top position of a dumbbell bicep curl. Your elbows should be bent and your palms facing towards you with the dumbbells close to your body. Now, you're going to press the dumbbells like an overhead press until your arms are fully extended above you. However, what makes this different is that as you press up, your hands are going to rotate so that you twist the dumbbells until your palms end up facing away from you in the press position. Bring the dumbbells back down slowly, once again, rotating your hands so that you end up back in the starting position with palms facing toward you. Notes: The Arnold press can also be done standing up. The seated version assists in keeping your back flat throughout the movement, however, as long as you keep your back straight and core engaged, you can also execute this with proper form standing up. SEATED DUMBBELL MILITARY PRESS How To Perform Sit down on an incline bench set at a 90-degree angle. Make sure that your shoulders and back are as straight as possible. Lift two dumbbells (one in each hand) of equal weight to shoulder height. Your palms are facing away from you in an overhead grip. Engage your core and press up until your arms are fully extended above you. Hold the position at the top for a second before slowly lowering the dumbbells back down in a controlled manner. Notes: This was the military press variation that uses dumbbells but you can also perform this exercise using a barbell. It'll require the same basic movement and overhead grip. When using a barbell, rest the barbell on your collarbone before pressing up. Not only that, but the military press can also be done standing up so try out these variations to see which one you prefer. Looking for a workout program? Try using the Fitbod App, which will design your program based on your logged training data and goals. The workouts will adapt automatically to your levels of recovery and rate of progress. With over 600 movements and exercises videos, you can be sure to perform the movements correctly for optimal results. Take the guesswork out of your workouts. Try 3 free workouts on Fitbod. ONE-ARM CABLE RAISE How To Perform Stand beside a cable-pulley machine at the gym. Adjust the height of the cable to the lowest setting or whatever feels comfortable according to your height. Your feet should be firmly planted in the ground, knees slightly bent. Grab the handle with your outside hand, that is, the side that is farthest away from the machine. You will have to reach across your body to do so. Hold the handle in front of you, with your arm loosely hanging down. If you need extra support, grab the cable machine with your inside arm. Engage your core and pull the cable out to the side and up to shoulder height. Ensure that there is a slight bend in your elbow as you do so. Hold the position at the top. Slowly bring the cable back down to the starting position. Complete all the reps on one side of your body before switching over to the other. BEHIND-THE-BACK CABLE RAISE This exercise is fairly similar in set up as the one-arm cable raise. However, instead of the working arm being at the front of your body, you're going to be pulling the cable behind your back. How To Perform Stand next to a cable-pulley machine with your feet planted firmly in the ground with a slight bend in the knees, toes facing forward. Ensure that the cable is set at the shortest height, before grabbing the handle with your outside arm. This time though, reach behind your back to grab it. Use your resting arm to hold onto the cable machine for support. Raise the handle up and to the side behind you. Keep going until you reach shoulder height. Pause at the top for a moment. Bring the weight back down slowly and carefully. Repeat all the reps on the one side before switching to the other. SEATED BEHIND-THE-NECK PRESS How To Perform Unrack the barbell and place the bar across your traps, behind your neck. Hold the bar in an overhead position. Your grip should be wider than your shoulders. However, experiment and find a grip width that makes it comfortable for you to press the bar. Squeeze your shoulder blades together and activate your core. Keep your back straight and press the bar up until it's completely overhead and your arms are fully extended. Make sure that you keep your shoulders activated. Pause at the top. Slowly bring the barbell back down, resting it on your traps. Repeat. Notes: This exercise can also be done standing. INCLINE W-RAISE How To Perform Grab two dumbbells of equal weight and an incline bench set at a 30-degree angle. Lie facing down on the bench with your feet behind you, a dumbbell in each hand. Bend your elbows so that the dumbbells are slightly in front of you, palms facing down. Keep those elbows tucked in close to your body. In one smooth motion, lift the dumbbells up and out to either side. Your elbows should remain bent so that your arms form a W-shape. Maintain the top position for a moment. Bring the weights back down. Final Notes If you're looking to grow your side delts, give these 9 side delt exercises a go. It uses a variety of equipment and positions such as standing or seated, dumbbells, barbells and even the cable machine, to ensure that your shoulders are constantly challenged and encouraged to grow stronger and get bigger. If you're looking for more ideas on how to attack those side delts, then check out the FitBod app as well. About The Author As a health and fitness writer, Emily combines her two passions—powerlifting and writing. With a creative writing degree under her belt, she spends her mornings lifting weights, her nights putting pen to paper, and eating too many snacks in between. Published by Roshan S Pillai on September 29, 2020 One of the most important muscles to give that round and wide look to your shoulders. Yes, I am talking about lateral delts or in other words mid or side delts. It is located in the mid part of your shoulder which gives you the width of your shoulders. You must train these muscles in different angles and positions to get the best results. And for that, I am here to share with you these amazing lateral/ side deltoid exercises which you can include in your workout. Some you might know and some will be new to you. So let's begin! Lateral Deltoid (Side Shoulder) Exercises 1. Dumbbell Lateral Raises This is one of the traditional exercises for your side deltoid. Almost all lifters might have done this exercise. If you are beginner who want to specifically target your lateral delts, then this exercise is for you. Even the most advanced bodybuilders and athletes do this exercise so it's not just for beginners. How to do 1. Hold the dumbbells on your hands and stand with both feet at shoulder's width. You can also do this exercise while sitting. 2. Lift both the dumbbells to each side of the body and stop until your arms are parallel to the ground. 3. Hold the top position for a second and then return back to the starting position. Keep the tension on your side delts throughout the movement. Make sure that your wrists are in line with the elbow or slightly up. It should not go too far up. You can also do this with one hand at a time to focus on each side separately. 2. 45-degree Incline Row This is one of the best ways to target your mid deltsoids. There was a study which was conducted by ACE which concluded that a 45° incline rows are the best way to train your lateral deltoid when compared with those 10 exercises. How to do 1. Grab two dumbbells and place your chest on the bench which is set up at a 45-degree angle. 2. Start pulling the dumbbells up by flexing the elbow and bring the dumbbells up towards the chest. Both dumbbells should be away from each other. 3. Pause at the top for a second and then return back to the starting position. If you feel any pain in the shoulder joint during the movement, then discontinue the exercise. Also don't go heavy on this. 3. Dumbbell Shoulder Press This will give you the size and thickness of your deltsoids. Its a great compound exercise for your shoulders. Your side delts will get bigger with this exercise! How to do 1. Pick two dumbbells and sit on a bench with your head and back supported on a bench. Your dumbbells should be on your thighs. 2. Lift each dumbbell up using your thighs. Your palm should face forward and dumbbells should be at the shoulders height. 3. From this position, lift both the dumbbells up and extend your elbow at the top. Squeeze at the top and come back to the starting position slowly. Before lifting, make sure that your wrist is in line with the elbows and not forward. Make sure that your hands move straight up rather than going forward. Your core should be tight and your neck should be tucked in. Don't bend your lower back during the movement Spotting - behind your neck. Hold the bar in an overhead position. Your grip should be wider than your shoulders. Only use a spotter to support you with the movement. Only use a spotter at the last one or two rep. The spotters hands should be closer to the wrist rather than on your elbows. 4. Leaning Away Lateral Raises This is another way of doing lateral raises. By leaning forward, the exercise becomes harder at the top. You can use it as a substitute for lateral raise. How to do 1 Hold one dumbbell on one hand and stand with the other hand on a pillar or a bar for support. 2. Now lean away towards the side and the dumbbell should be at the lateral side of the thigh. This will be your starting position. 3. Raise the dumbbell up to the side while breathing out and stop at the top such that your hands are parallel to the ground. 4. Hold the top position for 1 second and then gently come back down to the starting position while breathing in. Keep in mind that your elbow should be in line with the wrist or slightly up. As you get advanced, you can take your hands back and do the same movement. 5. Arnold Press Arnold presses are great to increase the size and strength of your shoulders. It works your front and lateral head. You can do this either seated or in a standing position. How to do 1. Grab two dumbbells and sit down on a bench, or a flat chair if you are at home. 2. Raise the dumbbells up to the shoulder height with your palm facing towards you. This will be your starting position. 3. Now raise the dumbbells by rotating your wrist and reach to the top. Extend your elbows and squeeze your shoulders at the top. 4. Come back to the starting position the same way you went up. It's a very popular old school dumbbell exercise for shoulders. So try it if you have not done it before. You can also do this with one hand at a time. 6. Wide-Grip Upright Row This is a great exercise to give the width to your shoulders. This will hit your lateral and rear delt which will give you that fuller look from the sides. How to do 1. Grab each end of the straight bar and stand straight with both feet at shoulder width apart. 2. Slightly lean forward and then start lifting the bar up by keeping the bar close to the body. The elbow will face up and your shoulders should be internally rotated. 3. Stop when the bar is just below your chest. You don't have to move above than that. 4. Bring the bar back to the starting position and repeat the movement. Don't add too many weights for this exercise. Your shoulders are internally rotated and in an unstable position during this movement. So choose a weight which you can handle with the proper form. Also it is an advance exercise so it's not recommended for beginners. 7. Incline Cable Lateral Raises Another great isolation exercise for your side delts. The mind and muscle connection are largely enhanced with these exercises. How to do 1. Attach both handles at each end of a cable machine. Place a bench in between the machine and set the bench at about a 60° angle. 2. Grab the right side of the cable with your left hand and the left cable with your right hand. 3. Hold the handles and lay down onto the bench. Keep your hands down together with a slight bend in the elbow. This will be your starting position. 4. Now start raising your hands up to the sides and phase when your arms are parallel to the ground. You elbow should be bend slightly. 5. Bring your hands down to the starting position and repeat the exercise. 8. Incline Lateral Raises (Single-Hand) It's one of the old school exercises which you might have seen it before. Here, you create an enormous tension on those lateral head of your shoulder. How to do 1. Hold a dumbbell and place your sides onto the bench which is set up at about 60° angle. Your dumbbell should be at the other side. 2. Hold the bench with one arm and keep the other arm in front of the body while holding the dumbbell. 3. Now start raising your hand to the side while maintaining a slight bend in the elbow. 4. Pause at the top and then slowly bring your arms back to the starting position. 9. Landmine Side Raises You can use a barbell in many ways. Here we do the exercise in a landmine set up. This exercise is great for athletes who use their shoulders a lot in their sports. How to do 1. Place one end of the bar at the corner edge of the wall and stand close to the bar with your legs facing the bar. 2. Bend down and hold the end of the bar and then stand straight with your hands down at one side. 3. Now start moving the barbell towards the side while keeping a slight bend in the elbow. 4. Pause at the top and then bring the bar back to the starting position. Here, your arm will move slightly back rather than going straight to the sides which makes it a lot different than the regular lateral raises. It will also engage your core more and is an athletic movement. It will be a unique way to train your side delts. 10. Snatch-Grip Behind the Neck Shoulder Press This is an advanced version of behind the neck press. It will give you an amazing width to your shoulders. If you are not comfortable with behind the necks, then stick with the regular shoulder press. How to do 1. Grab the bar such that both hands are wider than the shoulders width. Keep the bar on your traps just like squats and step back from the rack. 2. Both feet should be at shoulder width apart. Keep your back straight and shoulders back before moving the weights up. 3. Start pushing the bar up while contracting your shoulders and fully extend your elbows at the top. 4. Return back to the starting position and the repeat the movement. Your core should be engaged throughout the exercise to keep the lower back in a stable position. If you have shoulder pain or lack mobility to bring your hands behind the neck, then don't perform the exercise. Stick with the regular military press. This exercise is usually used by advanced lifters so if you don't have much experience with lifting weights, then this exercise is not for you. 11. Incline Dumbbell Lateral Raise This exercise will stretch your shoulders a lot more than the regular lateral raises! To get the most out of any exercise, you should increase the range of motion of the movement and this exercise will allow you to completely stretch your delts at the bottom. How to do 1. Pick two dumbbells and sit on an incline bench with your back resting on the bench and keep your hands on to the sides. 2. Now start moving your arms up with a slight bend in the elbow. Pause when your hands are parallel to the floor. 3. Slowly bring your hands back to the starting position and then repeat the movement. Don't use heavy dumbbells for this exercise. Its an isolation exercise so focus on quality over quantity. 12. Cable Lateral Raise This is a perfect isolation exercise for your side delts. You can focus on each part of your deltoid separately with this move. How to do 1. Attach a handle at the lower end of a cable machine. Stand at a shoulder-width stance with your sides facing the cables. 2. Hold the handles and keep your hands in front of the body. This will be your starting position. 3. Now start raising your hands to the sides with a slight bend in the elbow and pause when your hands are parallel to the ground. 4. Return back to the starting position and stretch your shoulders at the end. Do the same movement with the other hand. You can do the same movement by taking your arms behind the body. This version will not let you cheat and will put constant tension on your side delts. Final Words So these were some of the unique and most effective exercises for your lateral deltsoids. Add at least 2-3 exercises in each workout when you train your shoulders. Also, keep changing the exercise to continuously get results and to avoid a plateau. Compound exercises like military press should be included in each workout. In the end, you can do some lateral raises to create a metabolic response for growth. If you found this article helpful, then please share it with your friends and close ones. Roshan Pillai is an ACSM Certified Personal Trainer with more than 6 years of experience in lifting weights and guiding people to get fit. He is the owner and editor of fitnessproworkout.com, who has worked as a fitness coach in gyms and is passionate about fitness and helping people to get in shape.

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