

# MUSCLE OF THE MONTH

## DELTOIDS

The deltoids are located on the top of the shoulders, triangular in shape the deltoid muscle has three parts, anterior, middle and posterior. Each part contributing to the two main functions of the muscle being moving and stabilizing of the shoulder.

### FUNCTIONS

Anterior Stabilization—stopping the shoulder from dislocating forward.

Lifting of the arm upwards and helping push the humeral head



### EXERCISES

#### UPRIGHT ROW



Stand with your feet shoulder-width apart and your knees slightly bent. Hold the weights side by side at thigh level, keeping your palms toward your thighs.

Slowly bring the weights up to your collarbone, until your elbows are about shoulder height. Keep your shoulders down and relaxed as you lift.

If you find you are shrugging your shoulders up toward your ears, your weights may be too heavy. Slowly lower the weights to the original position.

#### LATERAL SIDE RAISE

Feet shoulder width apart and slightly bent knees, starting with dumbbells by your side. Slowly lift the dumbbells up to shoulder height keeping your back straight and a slight bend in the elbows.



