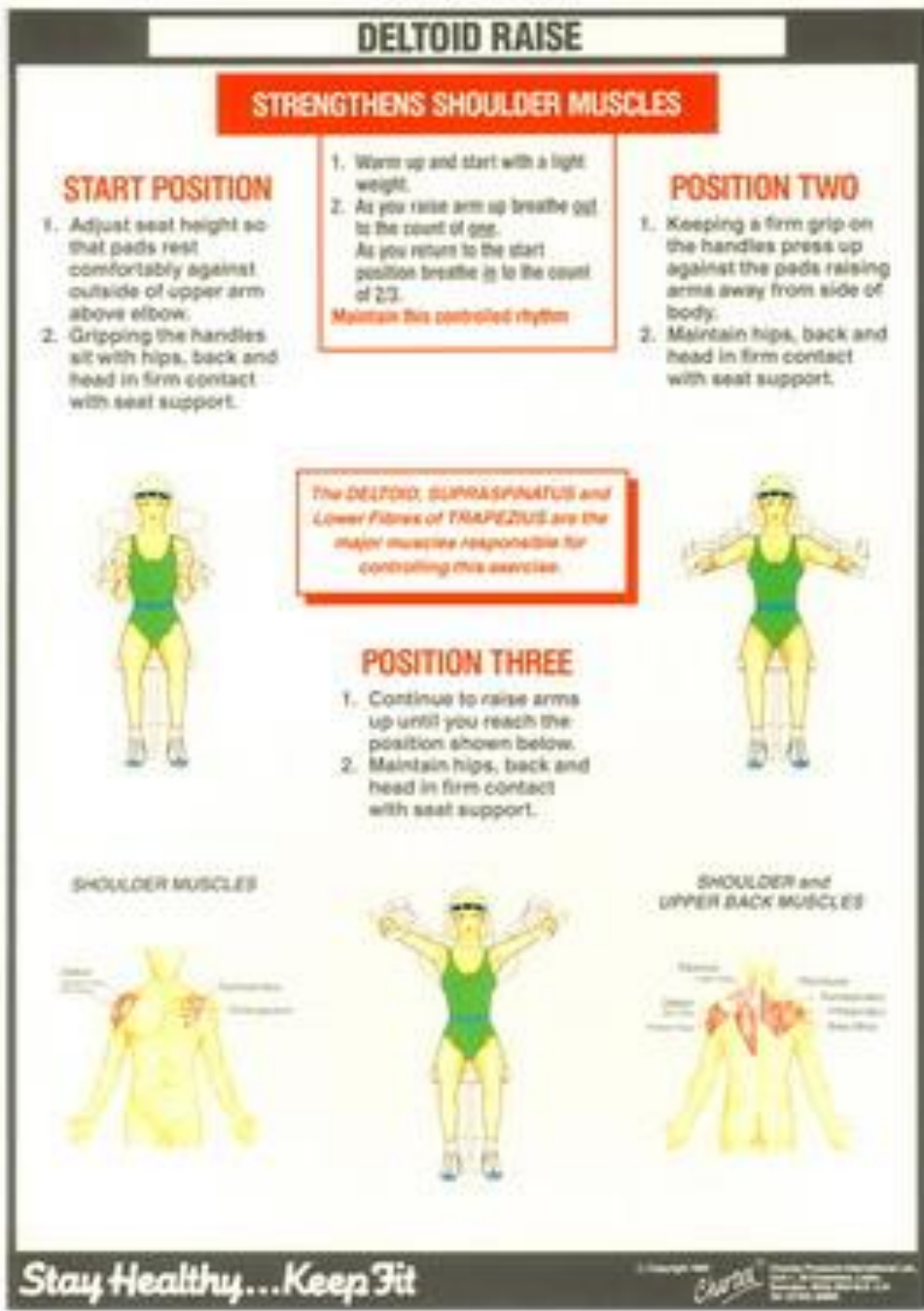


## Deltoid Raise Machine Mounted Chart– CT054

<p><b>Description</b></p>	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Deltoid Raise exercise. Advice is given on warming-up with a light weight before starting your training, together with instructional information about how to do the exercise properly and safely. Three positions illustrate how to do the exercise and this helps to reinforce coaching by the Gym Instructor. The A5 size makes it ideal for fixing on to your training machine.</p>
<p><b>Details</b></p>	<p>1. Dimension: A5 Size</p>
<p><b>Image</b></p>	 <p>The chart is titled "DELTOID RAISE" and "STRENGTHENS SHOULDER MUSCLES". It provides instructions for three positions and identifies the muscles involved.</p> <p><b>START POSITION</b></p> <ol style="list-style-type: none"> <li>Adjust seat height so that pads rest comfortably against outside of upper arm above elbow.</li> <li>Gripping the handles sit with hips, back and head in firm contact with seat support.</li> </ol> <p><b>POSITION ONE</b></p> <ol style="list-style-type: none"> <li>Warm up and start with a light weight.</li> <li>As you raise arm up breathe out to the count of 000. As you return to the start position breathe in to the count of 222. <b>Maintain this controlled rhythm</b></li> </ol> <p><b>POSITION TWO</b></p> <ol style="list-style-type: none"> <li>Keeping a firm grip on the handles press up against the pads raising arms away from side of body.</li> <li>Maintain hips, back and head in firm contact with seat support.</li> </ol> <p><b>POSITION THREE</b></p> <ol style="list-style-type: none"> <li>Continue to raise arms up until you reach the position shown below.</li> <li>Maintain hips, back and head in firm contact with seat support.</li> </ol> <p><b>Muscle Information:</b></p> <p>The DELTOID, SUPRASPINATUS and Lower Fibres of TRAPEZIUS are the major muscles responsible for controlling this exercise.</p> <p><b>SHOULDER MUSCLES:</b> Deltoid, Supraspinatus, Infraspinatus, Teres Minor, Teres Major.</p> <p><b>SHOULDER and UPPER BACK MUSCLES:</b> Deltoid, Supraspinatus, Infraspinatus, Teres Minor, Teres Major, Trapezius, Rhomboid, Latissimus Dorsi.</p> <p>Stay Healthy... Keep Fit</p>