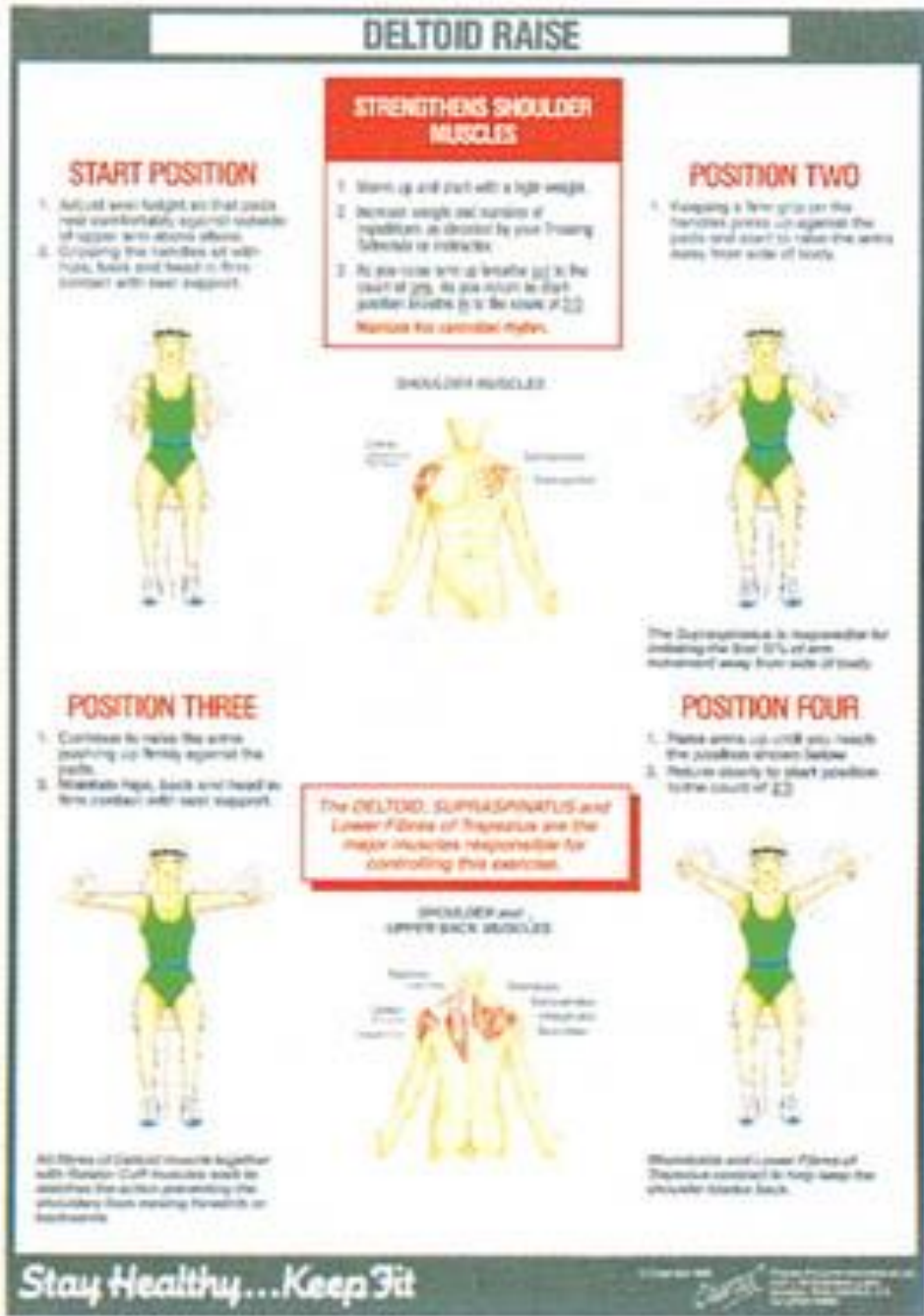


Deltoid Raise Wall Mounted Chart– CT115

<p>Description</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 before training, breathing when doing the exercise as well as instructional information on performing the exercise properly and safely. Muscle action is explained during the phases of the exercise from start to finish and this helps to reinforce coaching by the Gym Instructor. The chart is ideal for fixing on the wall next to your weight training machine.</p>
<p>Details</p>	<p>1. Dimension: A3 Size</p>
<p>Image</p>	 <p>The chart is titled "DELTOID RAISE" and is divided into four main sections: START POSITION, POSITION TWO, POSITION THREE, and POSITION FOUR. Each section includes a photograph of a person performing the exercise, a diagram of the human body highlighting the muscles involved, and a list of instructions. A central red box in each section provides key muscle information.</p> <ul style="list-style-type: none"> START POSITION: <ul style="list-style-type: none"> Adjust seat height so that pads rest comfortably against outside of upper arm above elbow. Crushing the handles of weights, feet and head in firm contact with seat support. <p>STRENGTHENS SHOULDER MUSCLES</p> <ol style="list-style-type: none"> Stand up and push with a light weight. Increase weight and number of repetitions as directed by your Training Schedule or instructor. As you raise arm up breathe (2) to the count of 20. As you lower to start position breathe (2) to the count of 20. <p>SHOULDER MUSCLES: Deltoid, Supraspinatus, Infraspinatus, Teres minor, Teres major.</p> POSITION TWO: <ul style="list-style-type: none"> Keeping a firm grip on the handles, press up against the pads and start to raise the arms away from side of body. <p>POSITION TWO:</p> <ol style="list-style-type: none"> 1. The Supraspinatus is responsible for initiating the first 50% of arm movement away from side of body. POSITION THREE: <ul style="list-style-type: none"> Continue to raise the arms pushing up firmly against the pads. Stabilize legs, feet and head in firm contact with seat support. <p>POSITION THREE:</p> <ol style="list-style-type: none"> 1. The DELTOID, SUPRASPINATUS and Lower Fibres of Trapezius are the major muscles responsible for controlling this exercise. <p>SHOULDER and UPPER BACK MUSCLES: Deltoid, Supraspinatus, Infraspinatus, Teres minor, Teres major, Trapezius, Rhomboid, Erector Spinae.</p> POSITION FOUR: <ul style="list-style-type: none"> Push arms up until you reach the position shown below. Reduce slowly to start position to the count of 20. <p>POSITION FOUR:</p> <ol style="list-style-type: none"> 1. Middle and Lower Fibres of Trapezius control to help keep the shoulder steady back. <p>At the end of the chart, it states: "All fibres of Deltoid muscle together with various CMT muscles will be activated in a full range of motion of the shoulder from resting forward to overhead."</p> <p>Stay Healthy...Keep Fit</p>