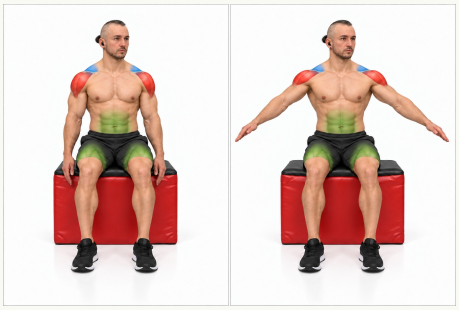
Exercise technique

Short-arc shoulder raise

6-10 easy repetitions



START / arms lowered

FINISH / short comfortable arc

SETUP / Stable box; begin without a band.

MOVE / Raise the arms in a slightly forward plane.

RETURN / Stay below shoulder height; avoid shrugging or leaning.

MAIN / RED
Middle deltoid contributes to lifting the arm out to the side.

SECONDARY / BLUE
Supraspinatus assists the lift; rotator-cuff and scapular muscles coordinate the shoulder.

SUPPORT / GREEN
Trunk muscles and planted feet keep the torso quiet; a box supports the seated base.

GRIP / No loaded hand grip

OPTIONAL PREPARATION / BODYWEIGHT