Exercise technique

Standing Pilates-handle lateral raise

Pilates-kit variation / 8-12



START / hands beside thighs

FINISH / arms raised

GRIP / Angled / semi-pronated grip

SETUP / Use the kit handles and foot loops, with two matching tubes on each independent side.

MOVE / Raise slightly forward of the sides, keeping wrists straight and hands below shoulder height.

RETURN / Lower slowly without leaning or shrugging; stay within the agreed range.

MAIN / RED
Middle deltoids raise the upper arms out to the sides.

SECONDARY / BLUE
Supraspinatus and scapular muscles help guide the shoulder movement.

SUPPORT / GREEN
Abdominal muscles steady the trunk while both feet support the stance.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS