

Dumbbell Front Raise

Equipment: Two dumbbells

Primary target: Anterior deltoid

An accessory exercise emphasizing the front shoulder through shoulder flexion. The elbow angle stays nearly fixed. The long lever makes light dumbbells challenging.



01 START POSITION



02 STOP AT SHOULDER HEIGHT

AI-generated illustration showing key positions

How to perform

01 Set up Stand with a stable stance, weights in front of your thighs and palms toward your thighs. Wrap the thumbs around the handles. Keep elbows softly bent, wrists straight and trunk braced.

02 Raise to shoulder height Exhale and lift forward with the elbow angle unchanged. Stop when the upper arms are approximately parallel to the floor, without a deliberate shrug or back arch.

03 Lower with control Inhale and lower smoothly to the start. Keep the body still rather than dropping the weights or bouncing into the next repetition.

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Muscles and technique checks

Muscle roles

Primary Anterior deltoid

Assisting Clavicular pectoralis major: assists shoulder flexion / Serratus anterior and trapezius: help rotate the scapula upward

Stabilizing Rotator cuff: shoulder-joint stability / Abdominal and back muscles: hold trunk position / Forearm and grip muscles: hold the weights and wrist position

Assistance and stabilization vary with technique and load; these muscles do not receive an equal training stimulus.

Technique cues and common mistakes

KEEP IN MIND

- Keep the elbow angle nearly fixed
- Keep wrists in line with forearms
- Use shoulder height as the upper target
- Do not force a thumbs-down position

AVOID

- Swinging with the legs or hips
- Lifting too high while arching the back
- Turning the movement into a curl
- Using a load that defeats control

Grip detail ACE describes slight external rotation near 60-70 degrees, allowing the thumb side to turn gently upward. Never force a painful grip or range.

Train with control

Warm up and begin with a load you can control without momentum. Breathe out while lifting and in while lowering. Stop for joint pain, numbness or dizziness. Seek qualified guidance for persistent symptoms or an existing shoulder or neck injury.

References

1. American Council on Exercise - [Front Raise](#)
2. American Council on Exercise - [Dynamite Delts \(2014\)](#)
3. Seth et al. - [Muscle Contributions to Upper-Extremity Movement \(2019\)](#)
4. NSCA - [Exercise Technique: Front Raise](#)
5. Mayo Clinic - [Weight training: proper technique](#)

Linked sources checked 15 October 2026. Muscle roles describe mechanics, not measured hypertrophy or activation percentages.