

Dumbbell Rear Delt Raise

Standing hip-hinge reverse fly with two dumbbells

Key positions



1. Start: hold the hinge, arms hanging



2. Open both arms while keeping the hinge

Muscles worked

Main muscles

- Posterior deltoids help open the upper arms outward in the bent-over position.

Supporting muscles

- Middle trapezius and rhomboids assist shoulder-blade movement and control.
- Trunk, spinal and hip muscles help maintain the hinge and a steady body position.

What makes it useful

Open both arms outward from a hip hinge to train the rear shoulders. Control the lift and return while allowing natural shoulder-blade movement.

Movement & technique

Dumbbell Rear Delt Raise | Hold the hinge, open the arms, and lower with control.

Before you start

Use stable footing and light dumbbells with room to open both arms. Choose a load that lets you keep your torso steady and control each repetition.

1 Plant the feet and hinge

Stand comfortably with both feet planted. Hold one dumbbell in each hand, soften your knees and push your hips back. Brace gently and keep your spine and neck aligned.

2 Set the arms and grip

Maintain the hinge and let the arms hang below the shoulders. Face the palms inward, keep wrists straight and retain a small, comfortable bend in both elbows.

3 Open both arms outward

Exhale and open both arms in a smooth arc. Let the shoulder blades move naturally and keep shoulders away from the ears. Stop at a comfortable range without lifting the torso.

4 Lower and reset

Inhale and lower both dumbbells slowly to the hanging start. Keep the stance and elbow bend. Settle before repeating, without bouncing or swinging through the bottom.

Form reminders

- Keep the neck aligned; avoid jutting the head or rounding or arching the back.
- Open the upper arms outward; avoid turning the movement into a bent-elbow row.
- Avoid shrugging; allow natural shoulder-blade motion without forcing a maximal squeeze or rigid pinning.
- Use a controlled range without forcing a fixed torso angle or lift height.

Finish safely

- After the last repetition, lower the weights, regain a steady posture and put them down safely. Avoid dropping them or suddenly twisting while bent over.
- Stop for pain, numbness or dizziness. Reduce the load or range if posture changes, and seek guidance when needed.

References

1. NASM: Bent-Over Dumbbell Rear Fly with Neutral Grip (www.youtube.com)
2. ACE: Incline Reverse Fly (arm-control reference) (www.acefitness.org)
3. NASM: Face Pull (muscle-role reference) (www.nasm.org)