

Editor's Note

Did you know the shoulder joint is the most movable joint in the body? And, the more a joint can move, the greater your risk is for injury if the muscles around it aren't strong. Here's an easy exercise for your medial muscles – the deltoids. Grab your hand weights if you have them or a couple of bottles of water, but you can also perform the exercise without either one. Do a few gentle arm circles to get warmed up first.

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Day 44: March 6, 2012**Day 44: Strengthen Your Deltoids**

You use your medial deltoids with arm movements that go out to the side. This side lateral raise exercise isolates and strengthens these muscles. You can use hand weights (if you have them at the office) or bottles of water.



Step 1: Stand with your feet shoulder-width apart and your hands by your sides.

Step 2: Keep your elbows slightly bent and raise your arms out to your sides and up to shoulder level.

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