

HAVE YOU TRIED THIS YET?

Double Plate Raise

The double plate raise is an exercise that you can easily implement into your program. Take two plates and stick them together. (Just a preference: I like to put the letters towards the inside and have the flat part of the plate on the outside). From here, you hold them in front of you a little higher than your waste. While pinching the plates together and with your arms slightly bent, you raise the weights to about shoulder height, while keeping your arms slightly bent. Be careful, the plates are going to want to slip, but this is a part of the exercise. This will force you to have to control the weight as you raise it, while squeezing them together. Also, make sure you do not arch your back (or hyperextend it).



So, what muscle will you be working? The pec muscles will be emphasized here and you will receive a sense that you're able to work the inner fibers of this muscle. You also have a potential of activating your biceps and shoulders.

Since this is an exercise that focuses on a small part of your chest, you can do it along with other exercises. A great way to do this is after doing some flies with dumbbells or on the crossover cables. Example: Do one set of a cable leaning flies and then immediately do a set of the double plate raise. This technique is called compounding your exercises, when doing an exercise that works the same muscle group right after the other without rest.

If you haven't tried anything new lately, try this one! This exercise looks simple, but boy it's tough. Ask our Nimkee Fitness personal trainers for other new ideas for exercises or ways to "compound" your workout.

BY: JADEN HARMAN, FITNESS COORDINATOR