

Are Lateral Raises Push Or Pull

Vertical Pressing Anatomy vs Vertical Pulling Anatomy 706065dad Thanks for Tuning In. Please Like, Share, Comment, and Subscribe!!! 706065dad Horizontal Pressing Anatomy vs Horizontal Pulling Anatomy 706065dad Spherical Videos 706065dad Why I Stopped Doing Lateral Raises - Why I Stopped Doing Lateral Raises 12 minutes, 35 seconds - Try my new Leonidas Training App: <https://www.coachos-app.com/leonidas> You CAN build 3D Delts without doing **lateral raises**,, ... 706065dad Subtitles and closed captions 706065dad Search filters 706065dad Intro \u0026 Disclaimer 706065dad Berserker Mode Inspiration 706065dad ASK ME ANYTHING: Is the SIDE LATERAL RAISE Exercise a Pushing Movement or a Pulling Movement??? - ASK ME ANYTHING: Is the SIDE LATERAL RAISE Exercise a Pushing Movement or a Pulling Movement??? 3 minutes, 7 seconds - Is the Side **Lateral Raise**, exercise a **Pushing**, Movement or a **Pulling**, Movement??? In this episode of Ask Me Anything, Holistic ... 706065dad Preview 706065dad Keyboard shortcuts 706065dad Conclusion 706065dad Who will you trust? 706065dad Presses

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