

Standing Front Shoulder Raise With Bands

Area Targeted: Front Shoulder



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=1I00JTw9yNk>

INSTRUCTIONS:

SET UP:

Anchor: Not required.

Bands: Attach a handle to each end of the band(s).

Body Positioning: Stand on the band(s) hips width apart. Now grip a handle in each hand and stand up straight with your back straight, head straight, chest up, and stomach tight. Your arms should be straight with palms facing your thighs, on top of your thighs.

MOVEMENT:

Raise your arms up, until your hands are at eye level.

POINTS TO REMEMBER:

1. Keep your hands 6 inches apart as you raise your arms.