Title: Barbell Front Raises

Primary Muscle Groups: Shoulders

Secondary Muscle Groups: Abs, Upper Back &amp; Lower Traps

Summary: <ol>

<li>Place a light-weighted barbell in front of you at your shins.</li>

<li>Squat down into position, driving your hips back. Keep your chest and head up. Place your hands in an overhand grip on the barbell.</li>

<li>Stand up with a tight core and flat back. Keeping a slight bend in the elbows, raise the bar up and in front of you. Pause when your arms are parallel with the ground.</li>

<li>Slowly lower the barbell to your hip. Repeat the movement.</li>

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