Title: Barbell Shoulder Shrugs

Primary Muscle Groups: Neck &amp; Upper Traps

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

Summary: <ol>

<li>Place your feet shoulder width apart and using an overhand grip at a little more than shoulder width, hold a barbell in front of you.</li>

<li>Your arms should be fully extended towards the floor, palms facing in towards your thighs. This is the start position.</li>

<li>Exhale and raise or shrug your shoulders up in a slow controlled movement. Do not use your biceps to assist in lifting the barbell.</li>

<li>Continue as high as possible then hold for a count of one.</li>

<li>Return to the start position in a smooth movement, inhaling as you do so.</li>

<li>Pause then repeat.</li>

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