Title: Cable Shrugs

Primary Muscle Groups: Neck &amp; Upper Traps

Secondary Muscle Groups: Upper Back &amp; Lower Traps

Summary: <ol>

<li class="p1">Stand in front of a cable pulley. Feet are shoulder-width. Your core is tight and lower back is flat. Hold the cable bar and let it hang in front of you. Keep the weight close to your body.</li>

<li class="p1">Without using your arms, exhale and bring your shoulders towards your ears.</li>

<li class="p1">Hold the movement at the top then slowly bring the weight back down.</li>

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