Title: Dual / Two Arm Dumbbell Front Shoulder Raises

Primary Muscle Groups: Neck &amp; Upper Traps, Shoulders

Secondary Muscle Groups: Abs

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Holding a pair of dumbbells with an overhand grip, stand tall with your chest up and core braced. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin by lifting the dumbbells in front of you. Keep the abdominals contracted as you raise the dumbbells. Feel the contraction in the shoulder muscles.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once the dumbbells reach shoulder height, pause and slowly lower the dumbbells to the starting position.</span></li>

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