Title: Dumbbell Shrugs

Primary Muscle Groups: Shoulders

Secondary Muscle Groups:

Summary: <ol>

<li>Stand with your feet shoulder width apart and a dumbbell in each hand.</li>

<li>Keep your arms extended and by your sides and with your palms facing in.</li>

<li>Relax your shoulders so they hang as low as possible.</li>

<li>Raise the dumbbells by slowly lifting your shoulders in a shrugging motion. Hold for a count of one.</li>

<li>Slowly relax your shoulders to return to the start position.</li>

<li>Repeat.</li>

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