Title: Forward / Front Shoulder Dumbbell Raises

Primary Muscle Groups: Shoulders

Secondary Muscle Groups: Abs

Summary: <ol>

<li>Stand straight holding a dumbbell in each hand with an overhand grip.</li>

<li>Hold the dumbbells in in front of your thighs with your palms of the facing your thighs. Keep your arms fully extended. This is the start position.</li>

<li>Raise the left dumbbell out and upwards, while keeping a slight bend in your elbow. Your palms must always face down for this exercise.</li>

<li>Continue raising the dumbbell until you arm is a little above parallel to the floor. Exhale as you are raising the dumbbell.</li>

<li>Pause for a count of one.</li>

<li>Inhale and slowly lower the dumbbell to the start position.</li>

<li>As you lower the left dumbbell, begin to lift the right dumbbell, duplicating the movement.</li>

<li>When both dumbbells have been raised and lowered in a cycle, that is one repetition.</li>

<li>Repeat.</li>

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