Title: Scarecrows

Primary Muscle Groups: Abs, Shoulders

Secondary Muscle Groups: Upper Back &amp; Lower Traps

Summary: <ul>

<li>Hold a pair of dumbbells at your sides and keep them in a horizontal position.</li>

<li>While maintaining a tight core and flat back, pull the dumbbells out and upwards, leading with your elbows.</li>

<li>Pause when your upper arm is parallel with the floor.</li>

<li>Flip the dumbbells up so that they are above your shoulders and next to your head.</li>

<li>Pause and return to the starting position.</li>

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