Title: Seated / Bent Over Rear Delt Raises

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

Secondary Muscle Groups: Upper Back &amp; Lower Traps

Summary: <ol>

<li>Sit on a bench, holding a dumbbell in each hand. Your hands should be at your sides.</li>

<li>Bend forward at the hips while maintaining a tight core and flat back. Keep your gaze at the ground. Be sure to maintain this position along with a slight bend in your elbows at all times.</li>

<li>Extend your arms out to the side and guide the weight up. Your arms should come to parallel with the floor.</li>

<li>Pause, slowly lower the weight back to the starting position. Repeat.</li>

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