Title: Seated Dual / Front Raises Raises

Primary Muscle Groups: Shoulders

Secondary Muscle Groups:

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Sit on a bench/chair with your back straight and your arms straight along your sides with the dumbbells help in an overhand grip. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bring both dumbbells up in front of your body, keeping only a slight bend at your elbow. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Raise the dumbbells until they are both at about eye level and be sure to brace your core and keep your back supported by the bench/chair.  </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lower the dumbbells back down to your sides, and prepare for that next rep!</span></li>

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