Title: Seated Lateral / Side Shoulder Dumbbell Raises

Primary Muscle Groups: Shoulders

Secondary Muscle Groups: Neck &amp; Upper Traps

Summary: <ol>

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

<li>Maintain a flat back and tight core. Look straight ahead during the movement.</li>

<li>Be sure to maintain 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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