Title: Standing Front Shoulder Plate / Dumbbell / Kettlebell Raises

Primary Muscle Groups: Abs, Shoulders

Secondary Muscle Groups: Upper Back &amp; Lower Traps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand tall with a tight core and flat back. Hold a weight plate, dumbbell or kettlebell with both hands in front of your hips. Be sure to use an overhand grip. You can also use a resistance band secured under your feet. Your feet should be shoulder-width apart.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">With a slight bend in the elbows, raise the weight plate up and in front of you. Pause and squeeze the shoulders when you reach chest level.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Slowly lower the plate to the starting position, immediately moving into the next repetition.</span></li>

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