Title: Resistance Band Lateral Raises / Side Raises

Primary Muscle Groups: Shoulders

Secondary Muscle Groups: Abs

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Place your left foot onto the middle of a resistance band. Step forward with the right. Tighten your abdominals and avoid arching your back.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Maintaining a slight bend in the elbows at all times, slowly raise your arms up from the sides of your body. Be sure to favor the front as you lift.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once your arms reach parallel with the floor, pause, feel the contraction, and slowly lower back down.</span></li>

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