Title: Resistance Band Shoulder Front Raises

Primary Muscle Groups: Shoulders

Secondary Muscle Groups:

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Holding the handle of a resistance band in each hand, step on the middle of the band with both feet. Stand up straight with a tight core and flat back.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin by lifting your hands straight up in front of you with an overhand grip. Be sure to keep a slight bend in the elbows at all times.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Pause at the top to feel the contraction then slowly lower the bands to the starting position.</span></li>

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