1. Front raises

• Grasp dumbbells in both hands. Position dumbbells in front of upper legs with elbows straight or slightly bent.\n

• Raise one dumbbell forward and upward with until upper arm is above horizontal. Lower and repeat with opposite arm, alternating between arms.\n

1. Lateral raises

• Grab a set of dumbbells and stand straight up with the dumbbells at your sides. \n

• Your palms should be facing your body. You should be holding the dumbbells slightly off your body This is your starting position for the exercise. \n

• To execute, slowly raise the dumbbells up to around shoulder height. It's important that you do not let your wrists go above your elbows while raising the weight \n

• Pause at the top of the movement, and then slowly lower the weight back to the starting position. \n

• Do not let the dumbbells touch your body, and then raise them for the next rep. \n

3)seated shoulder press

• sit on a flat bench and keep the back straight. \n

• Hold a dumbbell in each hand at the shoulders with an overhand grip. Thumbs should be on the inside and knuckles facing up. \n

• Raise the weights above the head in a controlled motion while exhaling. Pause at the top of the motion. \n

• Return the [dumbbells](https://www.verywellfit.com/home-dumbbell-weight-training-program-3498514) to the shoulders while inhaling. \n\

1. seated dumbbells raise

* Grab a pair of dumbbells and sit up straight with your feet around shoulder width apart on the edge of a flat bench.
* Hold the dumbbells down at your sides with your palms facing in. Hold the dumbbells out at around 4 inches from your body. This is the starting position for the exercise.
* Keeping your body still, eyes facing forward, with a slight bend in you arms, slowly raise the dumbbells up to around shoulder height.
* Pause, and then slowly lower the dumbbells back to the starting position.

5)shoulder shrugs

• Start off standing up straight with your feet shoulder-width apart, bending your knees slightly.  
  
•Grab a dumbbell in each hand with your palms facing in towards your body, and lower your shoulders down as much as possible.  
  
•While keeping your arms straight, slowly raise them up towards your ears.  
  
•Once you reach the top position, hold for a count then slowly lower the dumbbells back to their original position.

6) dumbbell upright row

•Grab a pair of dumbbells with an overhand grip and hold the weights in front of your thighs with your palms facing your body.

•Keeping the weights as close to your body as possible, pull the dumbbells up toward your chest. Your elbows should remain flared out during the movement. When the dumbbells are at chest level (and not your chin),

•pause for 1-2 seconds, then lower the dumbbells back to the starting position.

7) rear deltoid circle

* Lie down on your chest on a bench and hold one dumbbell in each hand on each side of your hips, arms slightly arched.
* Bring both dumbbells forward until you can see both at the same time and bring them backwards slowly after a short pause.
* Maintain the same small arch in your elbows and keep both dumbbells at the same height from the floor throughout.