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. Military press

 Stand with the bar on your front shoulders, and your hands next to your shoulders\n

 Press the bar over your head, until it’s balanced over your shoulders and mid-foot\n

 Lock your elbows at the top, and shrug your shoulders to the ceiling.\n

 Hold the bar for a second at the top. Then lower it back to your front shoulders and repeat.\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

4)push press

•Stand tall with your feet hip- to shoulder-width apart holding a pair of dumbbells by your shoulders, palms in.

•Keeping your back flat and core braced, push your hips back and bend your knees, lowering yourself into a partial squat.

•Push up explosively with your legs as you press the weights directly above your shoulders.

•Lower the weights back to the starting position, and repeat.

5)Barbell front raise

1.) Start off grabbing a barbell with an overhand grip and keeping your abs tight.  
  
2.) Keeping your arms relatively straight, slightly bend your elbows, bend your knees and raise the barbell to shoulder level.  
  
3.) Once at shoulder level, hold for a second then return back to the starting position in a controlled motion.

6)shoulder press

• Stand upright 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

7)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.

8) 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.

9) upright barbell row

1. Grasp a [barbell](https://www.verywellfit.com/how-to-do-the-good-morning-exercise-with-barbell-3498255) or dumbbells and allow it to hang in front of you at the length of your arms. Your palms should be facing your body.
2. Standing up straight, adjust your grip so that your hands are about in line with the thighs.
3. Lift the barbell straight up toward the chin, leading with the elbows and keeping the bar close to the body. Breathe out during the effort. Your arms should go no higher than parallel with the shoulders. Slightly less is OK.
4. Pause at the top of the lift.
5. Return the barbell back to the starting position, breathing in as you lower it.