1. Dumbbells Front raises

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

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

1. Lateral raises

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

2) 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\n

3)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\n

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

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

3)seated shoulder press

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

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

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

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

1. seated dumbbells raise

1)Grab a pair of dumbbells and sit up straight with your feet around shoulder width apart on the edge of a flat bench. \n\n

2)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. \n\n

3)Keeping your body still, eyes facing forward, with a slight bend in you arms, slowly raise the dumbbells up to around shoulder height. \n\n

4)Pause, and then slowly lower the dumbbells back to the starting position. \n\n

5)shoulder shrugs

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

6)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

7) 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.

8) seated military press

* Step 1: Sit on a bench press with a barbell racked behind you.
* Step 2: Grasp the barbell so that your arms are in a 90 degree angle and your palms are facing forward.
* Step 3: Raise the barbell overhead and then lower it in front of you so that it is near your shoulders for your starting position.
* Step 4: Exhaling, raise the barbell straight overhead.
* Step 5: Inhaling, lower the barbell back to the starting position.