**Dumbbell Shrug**

**Equipment**: Dumbbells

* Start with a dumbbell or resistance band that lets you do 8–12 reps comfortably but not too easily.
* Increase the weight by about ½ kg (or move to the next band) every 3 months if it feels too easy.

**Instructions:**

1. Starting Position:

* Stand tall with your feet hip-width apart.
* Hold a dumbbell in each hand with your palms facing inward (neutral grip) and arms fully extended by your sides.
* Keep your shoulders relaxed and your chest open.

1. Engage Your Core:

* Brace your core by drawing your belly button toward your spine to maintain stability.

1. Initiate the Shrug:

* Exhale and lift your shoulders straight up toward your ears as high as possible.
* Keep your arms straight and avoid bending the elbows.
* Do not roll your shoulders-the movement should be strictly up and down.

1. Pause at the Top:

* Squeeze your traps (upper back muscles) at the highest point for 1-2 seconds.

1. Lower Slowly:

* Inhale and slowly lower your shoulders back to the starting position in a controlled manner.
* Repeat for the desired number of reps.

**Tips:**

* Keep your neck neutral-avoid tilting your head forward or backward.
* Avoid jerking or using momentum-slow, controlled movements are key.
* Use a full range of motion, but don't force the shrug higher than your natural limit.