**Resistance Band Front Raise**

**Equipment**: Resistance Bands

* 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. Stand in the middle of the resistance band with your feet shoulder-width apart. Hold one end of the band in each hand with an overhand grip (palms facing down) and your arms extended at your sides.
2. Maintain a slight bend in your elbows and, while exhaling, raise the ends of the band in front of you until they are level with your chin.
3. Inhale as you slowly lower the ends of the band back to the starting position, controlling the movement.
4. Repeat for the desired number of repetitions.

**Tips for Resistance Band Front Raise:**

* Engage Your Core: Keep your core engaged throughout the exercise to maintain stability and proper posture.
* Control the Movement: Focus on slow, controlled movements during both the lift and lowering phases to maximize muscle engagement and prevent injury.
* Avoid Swinging: Do not use momentum to lift the band; instead, rely on your shoulder muscles to perform the raise.
* Adjust Band Resistance: Choose a resistance level that challenges you while still allowing you to maintain proper form. If the band feels too easy, try a thicker band or adjust your grip to create more tension.
* Breathe: Remember to exhale while lifting the band and inhale while lowering it to maintain a steady breathing pattern.
* Shoulder Position: Keep your shoulders relaxed and down away from your ears to avoid unnecessary strain on the neck and upper traps.