**Resistance Band Shoulder Shrug**

**Equipment**: Resistance Band

* 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 up straight with your feet shoulder-width apart.
2. Place the resistance band under your feet, with the band centered. Grab the handles with both hands and extend your arms straight out to the sides.
3. Ensure there is tension in the band by pulling it slightly apart at your sides while standing tall.
4. Squeeze your shoulder blades together to engage your back muscles; this is your starting position.
5. Lift your shoulders towards your ears, pulling the handles of the band upward. Hold the lifted position for a moment, then lower your shoulders back down.
6. Keep your arms straight throughout the exercise. The movement should come solely from your shoulders, not your elbows.

**Key Tips:**

* Maintain Posture: Keep your core engaged and avoid leaning forward or backward to ensure proper alignment.
* Controlled Movements: Perform the lift and lower motions slowly and with control to maximize muscle engagement and reduce the risk of injury.
* Breathe: Inhale while lifting your shoulders and exhale as you lower them to maintain a steady breathing rhythm throughout the exercise.