**Resistance Band Side Raise**

**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. Begin by standing with your feet shoulder-width apart, placing the resistance band under both feet.
2. Grasp the ends of the band with your palms facing inward, allowing your arms to hang naturally by your sides.
3. Engage your core muscles and maintain a straight posture throughout the exercise.
4. With a slight bend in your elbows, simultaneously raise both arms out to the sides until they reach shoulder level, keeping your palms facing down.
5. Pause for a moment at the top of the movement, ensuring your shoulder blades are squeezed together.
6. Slowly lower your arms back to the starting position in a controlled manner.
7. Repeat for the desired number of repetitions.

**Key Tips:**

* Control Your Movement: Focus on a slow and controlled motion to maximize muscle engagement and minimize the risk of injury.
* Breathe Properly: Inhale as you lower your arms and exhale as you raise them to maintain a steady breathing rhythm.
* Adjust Band Resistance: Use a resistance band that provides enough tension to challenge your muscles without compromising your form.