**Seated Straight Arm Shoulder Raise**

**Equipment**: Chair

**Precautions**

* Maintain Good Posture – Keep back straight, avoid slouching.
* Use Support When Needed – Have a chair nearby for balance.
* Modify When Necessary – Reduce weight/resistance if experiencing discomfort.
* Listen to Your Body – Stop if feeling dizzy, short of breath, or in pain.

**Instructions:**

1. Hold a resistance band, start at knees, raise overhead while keeping tension, then lower it back down
2. Repeat