

Level 3 Strength Exercise #15: Front Arm Raise

Objective: This exercise strengthens your shoulders. **This exercise can be completed either sitting or standing.*

How to begin:

1. Begin with your feet flat on the floor, shoulder-width apart.
2. Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward. Breathe in slowly.
3. Slowly breathe out as you raise both arms in front of you up to shoulder height. Hold the position for 1 second.
4. Breathe in as you slowly lower your arms back down to the starting position.
5. Repeat on the opposite side if you completed one arm at a time.

How to progress:

1. Use heavier resistance bands.
2. Use dumbbells.

Goal:

Do ____ sets, ____ per set.

Increase to:

____ sets, ____ per set.

