

## Level 1 Strength Exercise #7: Lateral Arm Raise

**Objective:** This exercise strengthens your shoulders.

### How to begin:

*\*This exercise can be completed either standing or sitting.*

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 to the side, 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. Alternate arms until you can lift comfortably with both arms at the same time or use heavier resistance bands.

**The following activities can be similar to this exercise:**

1. Lifting groceries.

### Goal:

Do \_\_\_\_ sets, \_\_\_\_ per set.

### Increase to:

\_\_\_\_ sets, \_\_\_\_ per set.

