

Front Raises



- Stand with your feet about shoulder width apart, knees slightly bent. You can also do this seated, but in both cases it is important to keep your abs tight and your posture tall
- Holding dumbbells or other weights/resistance bands in both hands, raise one arm from in front of your thigh to about eye level. Keep your arm straight and your palm either inward or toward the floor
- Lower the weight to the start position twice as slowly as you raised it
- Alternate arms until you reach the desired number of repetitions

- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
