

## Shoulder Shrugs

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- Stand with your feet about shoulder width apart, knees slightly bent. Hold the dumbbells at your sides
- Pull your shoulder blades together, tightening the muscles in your mid back
- Keeping your posture tall, pull your shoulders up towards your ears.
- Hold briefly, and then relax them back to the start position.
- To get added benefit, try to lower your shoulders toward the ground further.
  
- 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

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### 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.

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