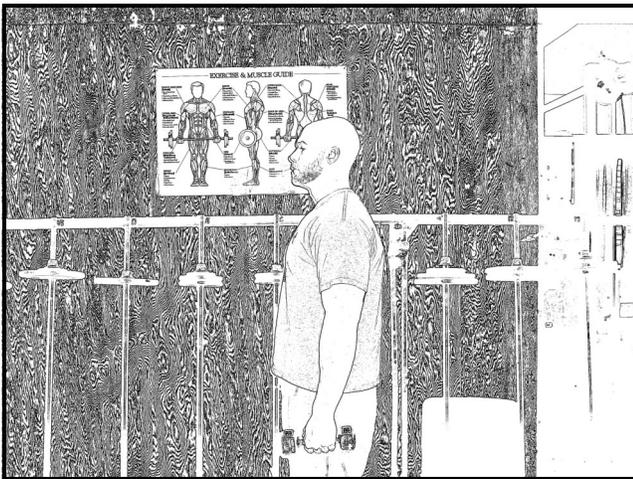


Front Raise

- Always consult a physician before beginning any exercise routine.
- Drink appropriate amounts of fluid to remain hydrated-if you have any related conditions, ask your doctor how to do so properly.
- No dumbbells? A 16 oz canned good = 1 lb weight!
- Effective workout routines can be done in 30 min, 4-5 days a week.
- Walking, in appropriate footwear, at good pace can be a great way to remain active in between workouts.



Focus of exercise: Shoulders

Stand with feet shoulder width apart with shoulders back for good posture, arms straight down in front of body. Hold the appropriate weights in each hand, resting weights on front of thighs with elbows extended. This is the starting position. Keeping elbows straight, lift weights to shoulder height, then lower back to the starting position in a smooth and controlled movement.

Repeat for 2-3 sets of 8-15 reps.