

DB SHRUGS

START



- With an overhand grip hold a dumbbell in each hand
- Place your arms by your sides
- Stand with your feet hip-width apart
- Bend your knees slightly for balance and keep your arms straight.
- The dumbbells should be facing your thighs

MIDDLE



- Lift your chest and inhale
- Keeping your arms straight
- Shrug your shoulders straight up toward your ears as high as you can
- Hold this uppermost position for one to two seconds
- Do not roll your shoulders backward, as this may result in a shoulder injury

END



- Exhale and lower your shoulders back down
- Do not fully relax
- Inhale and perform another repetition
- Repeat for desired amount of repetitions
- The last few repetitions should be challenging but still completed in good form
- Do not use your legs or back to jerk the weight up as this can lead to injury

MUSCLES TARGETED

TRAPEZIUS

- The upper part of the trapezius muscle is the primary target of the shoulder shrug. It is responsible for rotating and depressing the shoulder blades. The shrug also uses the middle and lower portions of the traps as assisters. The middle portion retracts the scapulae while the lowest portion supports the arm

NOTE

When doing the shrug, do not roll your shoulders back. Instead, you should lift up and down because weight needs to move against gravity to create muscle and strength.