

Arm Raise Strengthens Shoulder Muscles



1. Sit in chair.
2. Feet flat on floor; keep feet even with shoulders.
3. Arms straight down at sides, palms inward.
4. Raise both arms to side, shoulder height.
5. Hold position.
6. Slowly lower arms to sides.

Sit in a chair, with your back straight. Your feet should be flat on the floor, spaced apart so that they are even with your shoulders. Hold hand weights straight down at your sides, with your palms facing inward.

Take 3 seconds to lift your arms straight out, sideways, until they are parallel to the ground. Hold the position for 1 second.

Take 3 seconds to lower your arms so that they are straight down by your sides again.

Pause. Repeat 8 to 15 times.

Rest; do another set of 8 to 15 repetitions