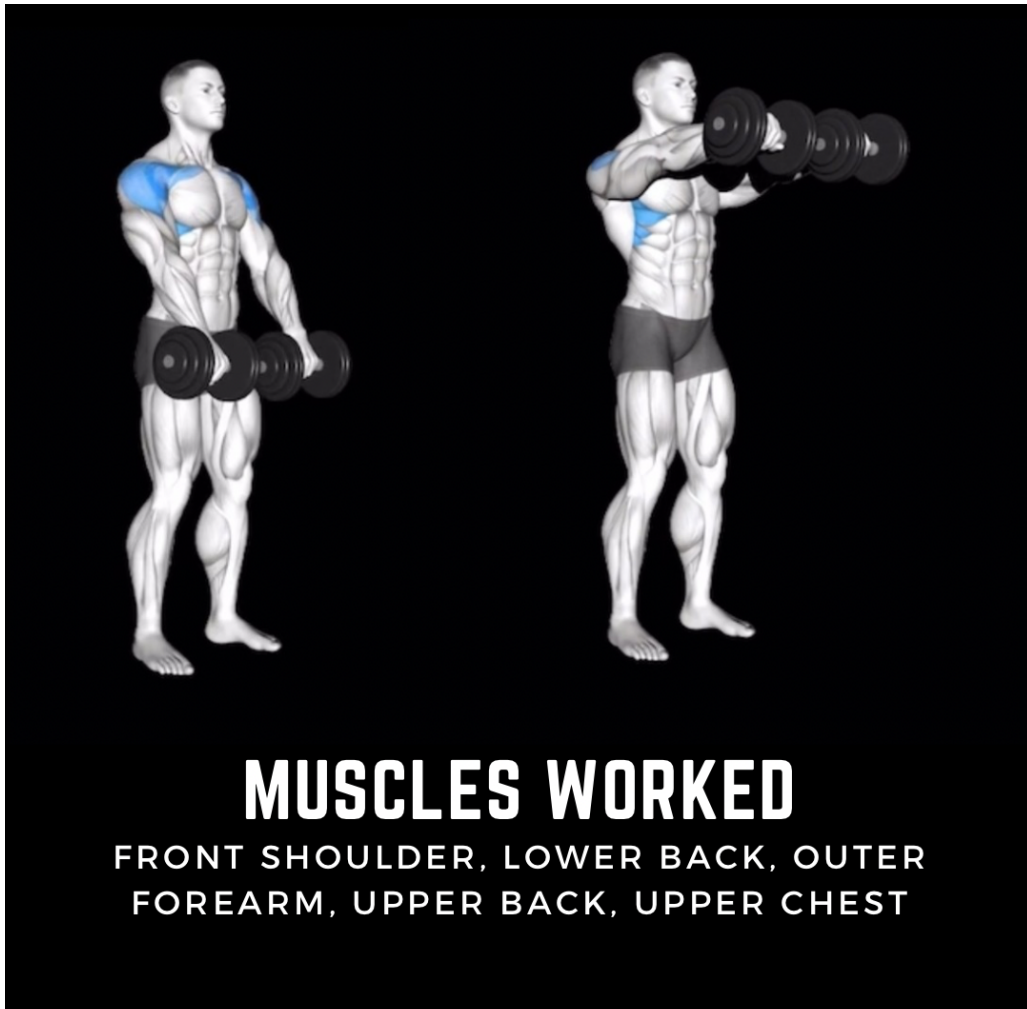


HOW TO PERFORM A DUMBBELL FRONT RAISE



How to do:

1. Stand upright with your hands in front of your shoulders, holding a dumbbell in each hand with an overhand grip.
2. Exhale and raise both dumbbells, keeping your arms straight. Avoid using your legs or back to lift.
3. Continue raising the dumbbells until they reach the level of your shoulder.
4. Inhale and lower your arms, returning to the starting position.

Tip: You can optionally hold both dumbbells in place for 1 second when it is at the highest point for added training. Doing this too often can fatigue you faster so only do it occasionally. Just make sure to not go above shoulder height or hold them for longer than 1 second.