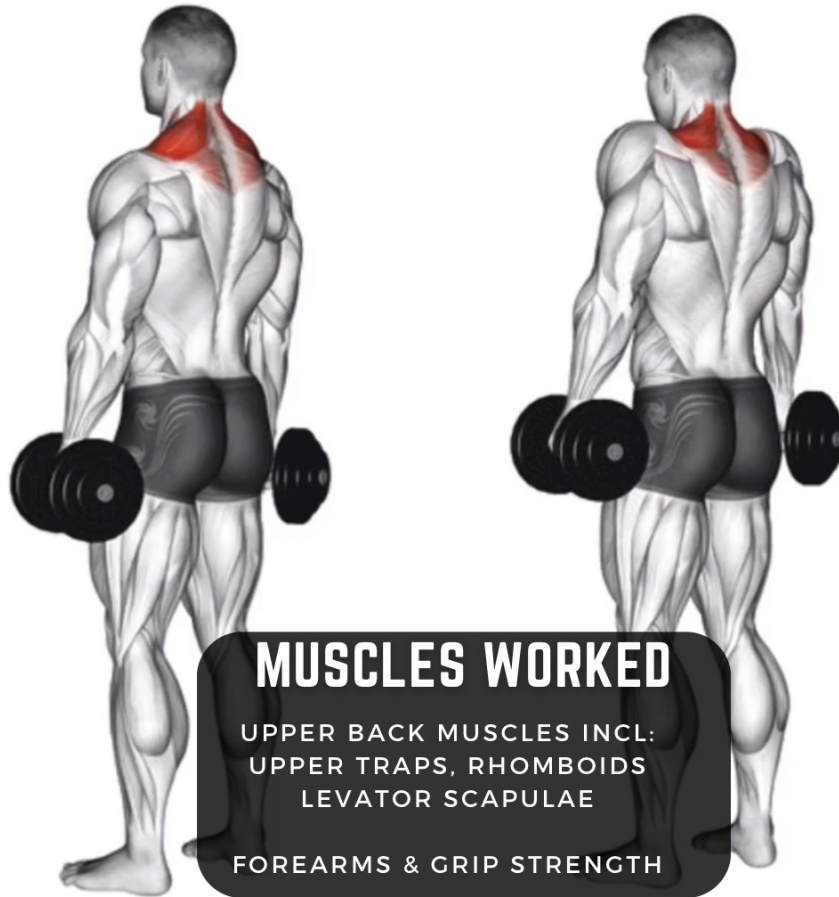


HOW TO PERFORM A DUMBBELL SHRUG



How To Do

1. Begin with your feet underneath your hips, standing tall with the dumbbells at your sides and palms facing inwards (neutral grip).
2. Engage your core by drawing your belly button to your spine.
3. Initiate the movement by drawing your shoulders upwards while keeping the chest open and chin in place. Avoid rounding the shoulders and jutting your chin forward.
4. Lift the shoulders to the end of your range of movement, this is very individual so it's important to work within your capabilities.
5. Squeeze the traps at the top of the movement for a beat and then reverse the movement slowly. This ensures the reps are controlled and maximises on the eccentric (downward) portion of the rep.