

Your Exercise Routine: Side Shoulder Raise

The next exercise we're going to complete is called a Side Shoulder Raise. It is designed to actually strengthen the shoulder muscle in the upper arm.

For this exercise, we need a tool. The tool we're going to use today are dumbbells, and they can be purchased pretty inexpensively at a discount store, department store or a sporting goods store. We can also use objects from around the house like cans, or water bottles - anything with a little bit of weight that actually we can grip.

To do this exercise, we're going to stand feet hip-width apart, shoulders back and down, belly button in to brace our spine, hands down at the side holding our weights and slightly positioned forward to the front.

All you're going to do is raise your arms out to the sides, palms facing down, and then lower the arms down in a controlled fashion. Raise them up only to about shoulder height - no higher than shoulder height.

Up ... hold ... and lower. Like with our other exercises, we're going to complete 10 repetitions, and then take a break and do another set.

We have 2 more to do ... last one ... Lower it down.

Very good. That was great. That was awesome.