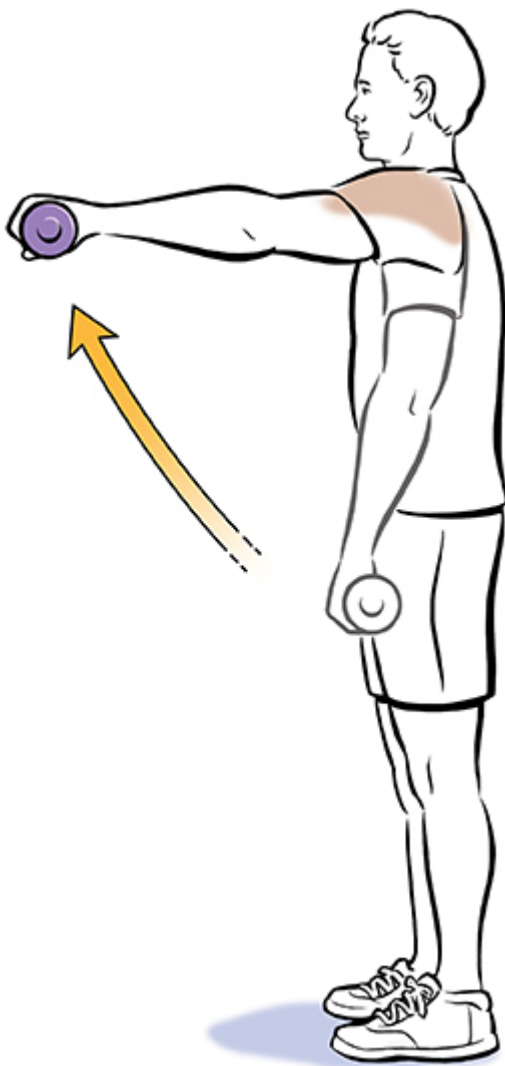


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# Upper Body Exercises: Front Raise

This exercise strengthens your upper body. Before starting, read through all the instructions. During the exercise, breathe normally and use smooth movements. Stop if you feel any pain. If pain persists, call your healthcare provider:

- Stand with your legs shoulder-width apart. Hold a \_\_\_\_ pound weight in each hand, with palms facing your body. Extend your arms straight down so the weights touch your thighs.
- While keeping your elbow straight but not locked, raise one arm upward until it is horizontal with the ground. Hold for a second, then lower your arm. Repeat with the opposite arm.
- Repeat \_\_\_\_ times with each arm. Do \_\_\_\_ sets \_\_\_\_ times a day.



## Caution

Don't swing the weights. Use slow, controlled movements.