

Dumbbell Shrugs Exercise

1. Stand with your feet shoulder width apart, knees slightly bent and toes facing forward. Grasp a dumbbell in each hand with your arms hanging in front of your body, palms towards your body, and ends of dumbbells touching one another.
2. Maintain your arm position and shrug your shoulders, rolling them back as you shrug.
3. Shrug your shoulders, rolling them forward to the starting position.
4. Repeat.

