

One Sided Shoulder Shrugs



- Holding on to a weight with one hand, pull your shoulder blades together
- Keep your balance by placing your feet about shoulder width apart, knees slightly bent
- Raise the weight on one side as far as you are able
- Return the weight slowly under control, complete the desired number of repetitions, then repeat on the other side

- Repeat each movement for 8-12 repetitions, or whenever you feel your shoulders getting tight

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
