

BAND SIDE SHRUGS



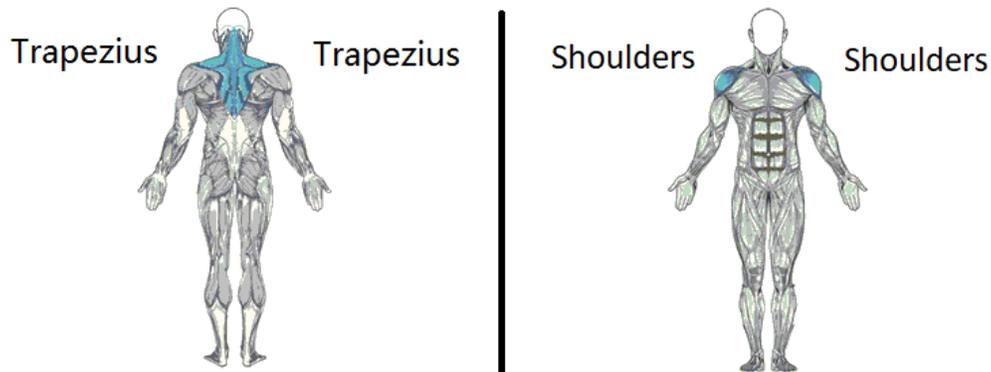
1. Round up the middle of a resistance band to make it shorter then step on it with your feet placed at about hips width apart. Make sure the length of the band is equal on both sides. Grab both arm grips of the band with one in each hand held down at arm's length just near your thighs, with the palms of your hands facing inwards. This will be your starting position.
2. While maintaining a straight & upright posture, use your trapezius muscles to lift both arm grips up by elevating both your shoulder blades as high as you can as if you're trying to let your shoulders touch your ears, while keeping your arms fully extended and your elbows locked throughout the entire movement.
3. Once your trapezius muscles have reached full contraction, slowly begin to lower down your shoulders back down to their starting position, while keeping your trapezius muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.

CAUTION: Band Resistance strength can be easily increased by rounding up a bigger circle with the band before stepping on it to make it shorter/tougher.

ALTERNATIVE EXERCISES: [Standing Side Dumbbell Shrugs](#) / [Seated Side Dumbbell Shrugs](#)

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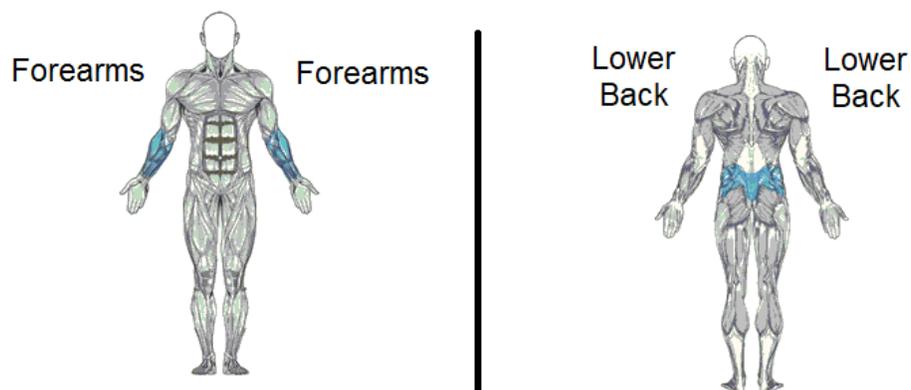
PRIMARY MUSCLES



A **primary muscle** is the main muscle group responsible for controlling a certain movement or used when performing a certain exercise.

Muscle engagement should be %90 - %80 when performing this exercise.

SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be %10 - %20 when performing this exercise.

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