

# SEATED DUMBBELL SHRUGS



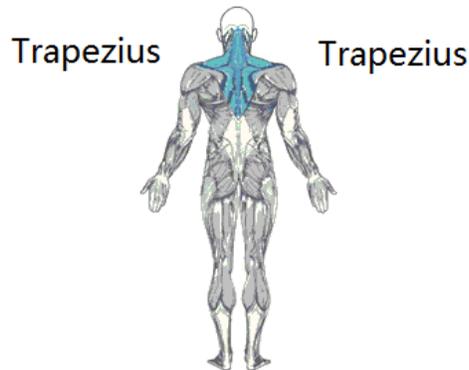
1. Sit at the edge of a flat bench then pick a pair of **Dumbbells** held in a neutral grip with the palms of your hands facing inwards. Your arms should hang straight down at your sides with your back held upright & straight. Place your feet firm on the ground at about hips width apart. This will be your starting position.
2. While maintaining a straight & stationary torso, use your trapezius muscles to lift the weights 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 with the weights and your elbows locked throughout the entire movement.
3. Once your trapezius muscles have reached full contraction, slowly begin to lower down the weights back 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:** NEVER use a pair of dumbbells that are way too heavy to lift when performing this exercise to avoid getting any neck, back, shoulders and/or wrists injury. A proper weighted set of dumbbells that are not too heavy to lift should have you mostly engage your trapezius muscles -as it should- without putting negative pressure on your spine and/or putting your shoulders and/or neck at risk for injury. Pick a lighter set of dumbbells if you ever felt that you're over straining your neck, back and/or shoulders.

**ALTERNATIVE EXERCISES:** [Standing Side Dumbbell Shrugs](#) / [Straight Bar Cable Shrugs](#)

# SEATED DUMBBELL SHRUGS

## PRIMARY MUSCLES



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

Muscle engagement should be **%80 - %90** 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 **%20 - %10** when performing this exercise.

# SEATED DUMBBELL SHRUGS



**# YOUR\_BEST\_STARTS\_HERE**

[www.fitnesslegacy.net](http://www.fitnesslegacy.net)