

FRONT BARBELL RAISES



1. Stand tall while holding a **Straight Barbell** hanging down at arm's length right at your front while held in an overhand/shoulder width grip. Keep your elbows slightly bent and close to your torso, and place your feet at about hips width apart. This will be your starting position.
2. While maintaining a straight & upright posture, use your front shoulders muscles to lift the bar all the way up to your front while keeping a slight bent at the elbows. Continue to go up until the bar reaches your eyesight level. **Tip:** Always maintain a straight & upright posture, and do NOT swing the bar while performing this exercise.
3. Slowly bring the bar back down to it's starting position while keeping the front region of your shoulders muscles fully engaged.
4. Repeat this motion for the recommended amount of repetitions.

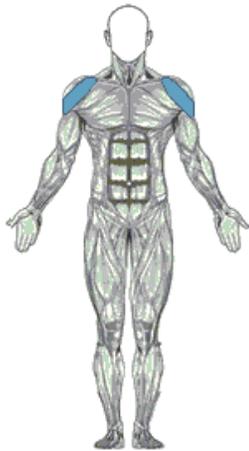
CAUTION: NEVER use a heavy set barbell when performing this exercise to avoid getting any shoulders, neck and/or lower back injury. A proper weighted barbell that is not too heavy should have you mostly engage the front region of your shoulders muscles -as it should- without straining your neck or putting your shoulders and/or back at risk for injury. Pick a lighter barbell if you ever felt that you're over straining your shoulders and/or are tempted to swing the bar up. This exercise is not meant to be done with a heavy weight, so rather focus on executing a perfect form than focusing on lifting heavy. It is normal for you to feel a slight burn in your forearms due to the effort being done to keep holding onto the bar the entire time while performing this exercise.

ALTERNATIVE EXERCISES: [Bar Front Cable Raises](#) / [Rope Front Cable Raises](#) / [EZ Bar Front Cable Raises](#)

FRONT BARBELL RAISES

PRIMARY MUSCLE

Front
Shoulders



Front
Shoulders

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 MUSCLE

Trapezius



Trapezius

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.



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