

SINGLE ARM DUMBBELL SWINGS



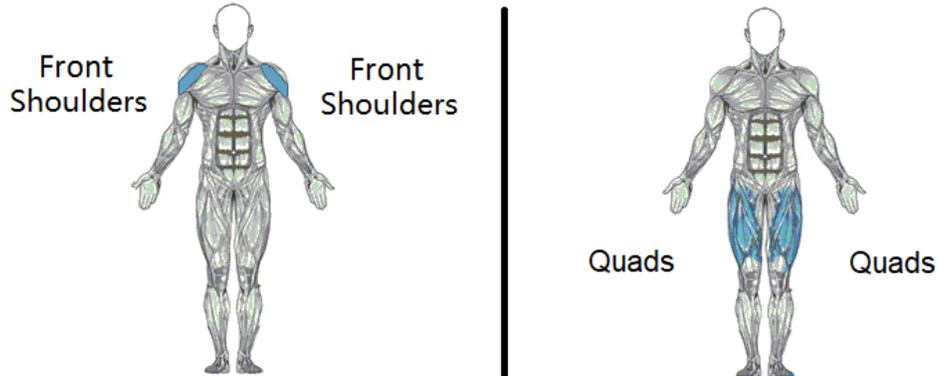
1. Take a half-squat stance while holding a dumbbell in your right hand held in a neutral grip (palm facing inwards), with your arm fully extended down at your center, and while keeping a straight & upright torso. Your other non-lifting hand should be at your side grabbing your waist to give you some balance, and your feet should be at about shoulders width apart. This will be your starting position.
2. While holding the weight firm in your right hand, look straight ahead and use your body's momentum while standing up to swing the dumbbell all the way up until your arm is fully extended with the weight just above your head. Your arm should remain fully extended with your elbow locked throughout the entire movement.
3. Bring the weight back down to it's starting position using the same motion you've used to swing it up, while keeping your right arm's shoulder muscles fully engaged and under constant tension. Always maintain a straight & upright torso.
4. Repeat this motion for the recommended amount of repetitions.
5. Switch arms and perform the same exact motion for the same amount of repetitions with your other arm.

CAUTION: NEVER use a heavy set dumbbell when performing this exercise to avoid getting any shoulders, knees and/or back injury. A proper weighted dumbbell that is not too heavy should have you mostly engage your shoulders muscles -as it should- without putting negative pressure on your spine or putting your shoulders at risk injury. Pick a lighter weighted dumbbell if you ever felt that your shoulders muscles and/or back are being overstrained. It is normal for you to feel a slight burn in your forearms due to the effort being done to hold on to the weight the entire time while performing this exercise.

ALTERNATIVE EXERCISES: [Standing Single Arm Front Dumbbell Raises](#) / [Single Arm Front Cable Raises](#)

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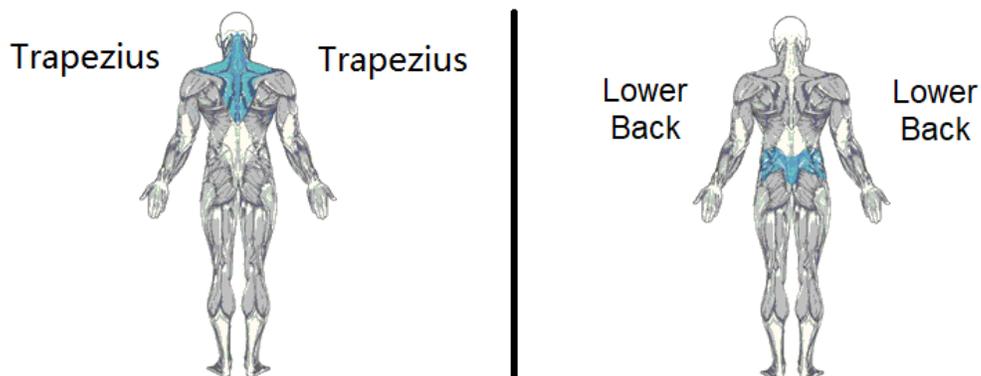
PRIMARY MUSCLES



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** 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** when performing this exercise.

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