



IN *The Villages*[®]

America's Healthiest Hometown

Front Arm Raise



WHAT YOU NEED: Hand-held weight

This exercise for your shoulders can help you put things up on a shelf or take them down more easily.

1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, with palms facing backward.
3. Keeping them straight, breathe out as you raise both arms in front of you to shoulder height.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower arms.
6. Repeat 10–15 times.
7. Rest; then repeat 10–15 more times.