

Shoulder Shrugs with Backward Roll

Type: Strength

Muscle(s) Worked: Upper trapezius, mid trapezius, levator scapulae, rhomboids

Equipment Needed: Light hand weights

INSTRUCTIONS:

1. Hold a dumbbell in each hand.
2. Shrug your shoulders up to your ears and hold for 3-5 seconds
3. Perform a smooth and controlled backward shoulder roll.
4. Repeat.

(303) 745-0803

14001 E. Iliff Ave., Ste. 111 • Aurora, CO 80014
3555 Lutheran Parkway, Bldg, 9, Ste. 310 • Wheat Ridge, CO 80033

www.ColoradoInjuryTreatment.com • Fax: (720) 306-3758