

## **Trapezius (resistance bars)**

### **Palms-in Overhead Raise**



#### **Exercise Description:**

Palms-in Overhead Raise

#### **Classification:**

Trapezius (resistance bars)

#### **Instructions:**

1. Place your feet together and keep your head straight. Hold the resistance bars at chest level and open them as wide as you possibly can.
2. Maintaining the distance between the resistance bars raise your hands slowly above your head and lock them out.
3. Hold for 5 to 10 seconds and slowly lower the resistance bars back to chest level.
4. Do not close the resistance bars while doing your repetitions. Close them only after completing the set.
5. Inhale when opening the resistance bars and exhale raising them upward. Inhale when returning the resistance bars to your chest and repeat.

### **Palms-Out Overhead Raise**



#### **Exercise Description:**

Palms-Out Overhead Raise

#### **Classification:**

Trapezius (resistance bars)

#### **Instructions:**

1. Place your feet together and keep your head straight. Hold the resistance bars slightly above chest level and open them as wide as you possibly can with palms facing outward.

2. Maintaining the distance between the resistance bars raise your hands slowly above your head and lock them out.
3. Hold for 5 to 10 seconds and slowly lower the resistance bars back to chest level.
4. Do not close the resistance bars while doing your repetitions. Close them only after completing the set.
5. Inhale when opening the resistance bars and exhale raising them upward. Inhale when returning the resistance bars to your chest and repeat.

### **Rear Overhead Raises**



#### **Exercise Description:**

Rear Overhead Raises

#### **Classification:**

Trapezius (resistance bars)

#### **Instructions:**

1. Place resistance bars behind your head and open them as wide as you possibly can.
2. Maintaining the distance between the resistance bars raise your hands slowly above your head, hold in the locked position for 5 to 10 seconds then slowly lower your hands.
3. Do not close the resistance bars until you complete your set.
4. Inhale as you open the resistance bars. Exhale while raising and inhale while lowering.