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## Shoulder Shrugs

**Starting Position**
- Stand with barbell held at midthigh.
- Hands should be approximately shoulder width apart and pronated, with palms facing body.
- Arms should be fully extended.

**The Lift**
- Raise the bar upward by lifting the shoulders straight up.
- When contraction is completed, lower the bar to the starting position.
- Inhale when raising the weight, exhale upon lowering.

**Muscles Worked**
Trapezius.

**Variations**
This exercise can be changed by adding a forward or backward rotation of the shoulders while lifting the barbell. Grip width can vary from narrow (4 to 6 in.) to wide (snatch width). Dumbbells may be used instead of a barbell.

**Safety/Spotters**
There are no particular safety points for this lift. If very heavy shrugs are done, it is best to do them on a power rack.
**Glute-Ham Raise**

**Starting Position**
- Mount a glute-ham bench.
- Be sure the thighs rest on the proper part of the padding and that the feet are securely anchored.
- When in proper position, lean forward over the thigh rest.
- Lower the upper body toward the floor.
- Stop the downward movement when the torso is perpendicular to the floor.

**The Exercise**
- From this low position, straighten the body by contracting the gluteal muscles.
- When the body is approximately parallel to the floor, contract the hamstrings while the torso and hips continue to rise.
- After the hamstring contraction, lower the body to the starting position.
- Exhale during contraction, inhale during recovery.

**Muscles Worked**
Gluteus maximus and biceps femoris.

**Safety**
To ensure proper starting position, a spotter may be required at first. If added resistance is used, a training partner is helpful for handing the weight to the lifter.