



### The Set-up

- Sit up straight on the ball - no collapsing
- Grip - thumb over the top
- Raise dumbbells to only 90 degrees
- Be sure your wrist stays perfectly straight

### Key Points

- Maintain a straight arm throughout exercise
- Visualize raising out and away from you
- Remember to roll shoulders back - no slouching



**gstarfit**  
eternalyouth

