

Shrugs

No



Some say not to do this exercise. I like this exercise, but in a certain fashion. Many trainees overload this exercise with too much weight, sacrificing their form (**Go Lighter**). They also rotate their shoulders when doing it versus doing the natural motion of the shrug (**Do Not Rotate Under Load**). They also flex their head forward versus keeping it up in order to avoid neck strain (**Do Not Flex Neck**). **I WOULD ALSO PREFER THE USE OF DUMBBELLS TO AVOID INTERNAL ROTATION AT THE SHOULDERS (Use Dumbbells)**. Do not shrug too high, which can cause neck stress (**Do Not Go Too High**). To effectively work the trapezius this exercise would be better done with elbows bent. This is called the Monkey Shrugs (**Do Monkey Shrugs**). Studies have shown that the Monkey Shrug engages the traps better than standard shrugs. ONE OF THE CURRENT THOUGHTS ON TRAPEZIUS TIGHTNESS/TRIGGER POINTS IS TO STRENGTHEN THE AREA. RESEARCH HAS USED THE SHRUG IN TRIGGER POINT TREATMENT. GO LIGHT THOUGH. *PLEASE SEE THIS PAGE THAT INCLUDES DB UPRIGHT ROWS IN THE TREATMENT OF UPPER BACK AND NECK PAIN (STUDY)*.