

Standing Shoulder Press

Stand holding a pair of dumbbells at shoulder height with your feet shoulder width apart and knees slightly bent. Palms facing forward and your elbows just below your shoulders.

This exercise mainly works the Anterior Deltoid



Looking Forward

Elbows below shoulders.

Abdomen Tight

Knees slightly bent

Feet shoulder width apart



Looking Forward

Abdomen Tight

Knees slightly bent

Push the weights straight up, stopping just short of locking out your elbows. Then control the dumbbells all the way down until your upper arms are parallel with the floor slightly lower and the weights are at approximately ear level. Until your upper arms are slightly lower than parallel to the floor .

Feet shoulder width apart