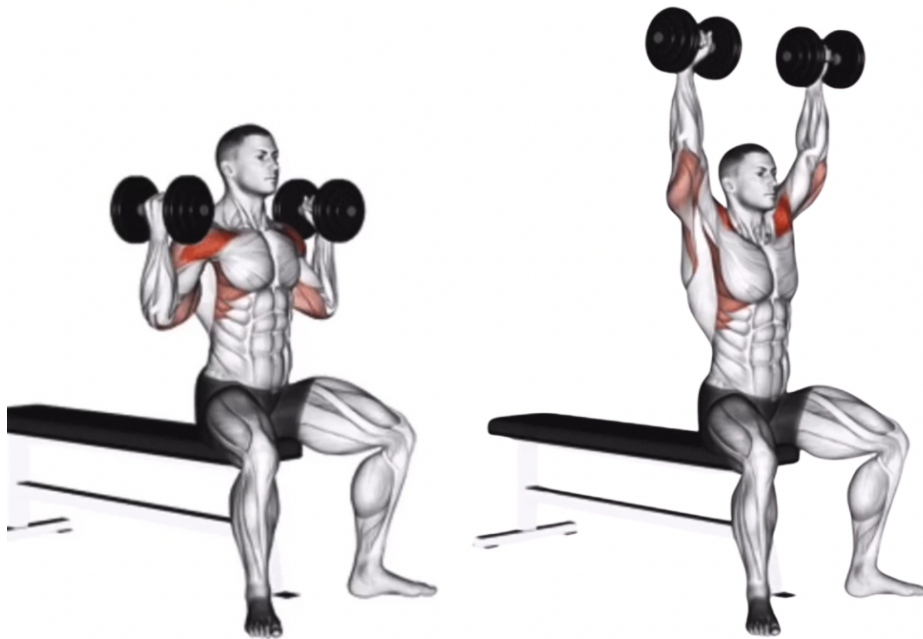


HOW TO PERFORM A SEATED SHOULDER PRESS

MUSCLES WORKED

SHOULDERS
SUPPORTED BY TRICEPS, UPPER CHEST
AND TRAPEZIUS



1. Taking a dumbbell in each hand, sit on a bench that has a slight decline and place the dumbbells on each knee.
2. If the dumbbells feel heavy, you may need to use momentum to kick the dumbbells up one after the other to get them into position, in between your shoulders and ears.
3. Pin your shoulder blades into the bench and plant your feet firmly on the ground. Engage the core and then press the dumbbells up by extending both arms straight up overhead.
4. Slowly lower the dumbbells back to the starting position.