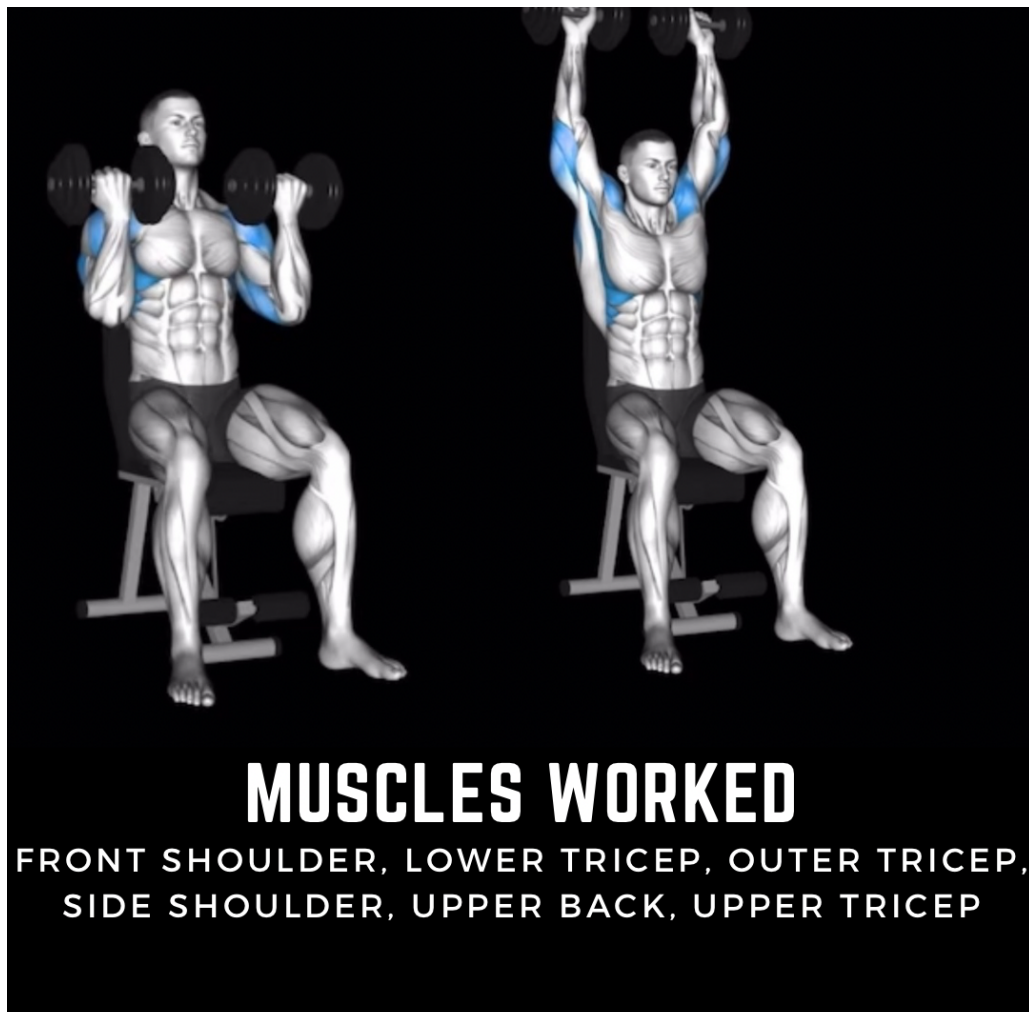


HOW TO PERFORM AN ARNOLD PRESS



How to do:

1. Sit on a bench that has a vertical backrest while in an upright position, holding a dumbbell in each hand immediately in front of your shoulders with your palms facing towards you.
2. Exhale and simultaneously raise your arms overhead and to the side as you rotate your palms to face away from you.
3. Continue raising your arms up overhead until they are fully extended with the dumbbells directly above your shoulders.
4. Inhale as you lower your arms and rotate your palms towards you, returning to the starting position.

Tip: This could be performed while standing to increase the involvement of core muscles, but performing it seated with a backrest is better for focusing on the development of shoulder and arm muscles. If performed seated, make sure your feet are firmly planted on the ground and your

back is pressed firmly against the backrest throughout the entire movement.