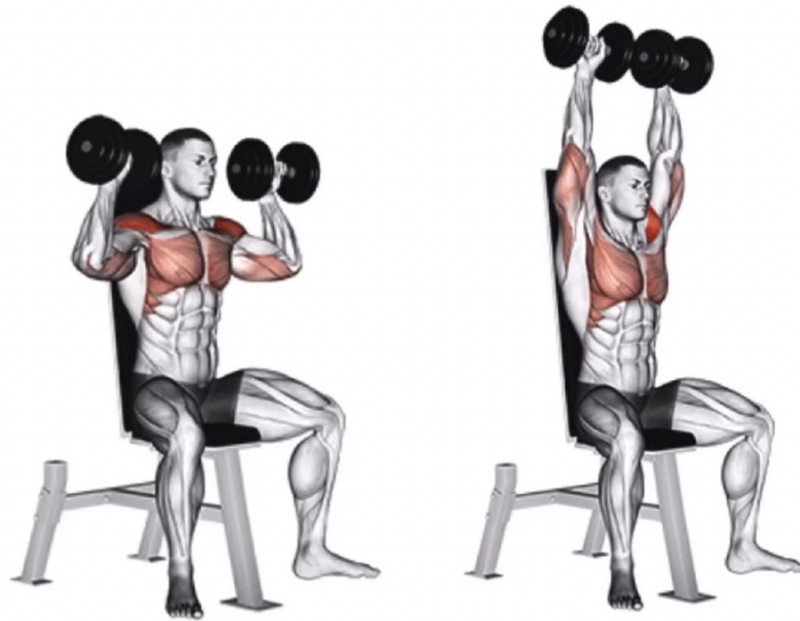


HOW TO PERFORM SEATED DUMBBELL SHOULDER PRESS

MUSCLES WORKED

DELTOIDS (SHOULDER MUSCLES)
TRICEPS, PECS AND TRAPEZIUS (TRAPS)
IT ALSO TRAINS FOREARMS, ABS AND
BICEPS TO A LESSER DEGREE



Sit on the bench holding two dumbbells at shoulder height with an overhand grip.

Press the weights up above your head until your arms are fully extended.

Return slowly to the start position.

COACHING TIPS:

As you progress to heavier weights, you cheat by shortening the range of motion —only lowering the dumbbells to about eye level. While this makes it easier to press heavier weights, it also makes the exercise less effective.

Solution: Use weights that allow you to complete full reps before progressing. Give your body time to grow bigger and stronger, and don't rush the process by compromising your technique.

Quality Quality Quality!!!!