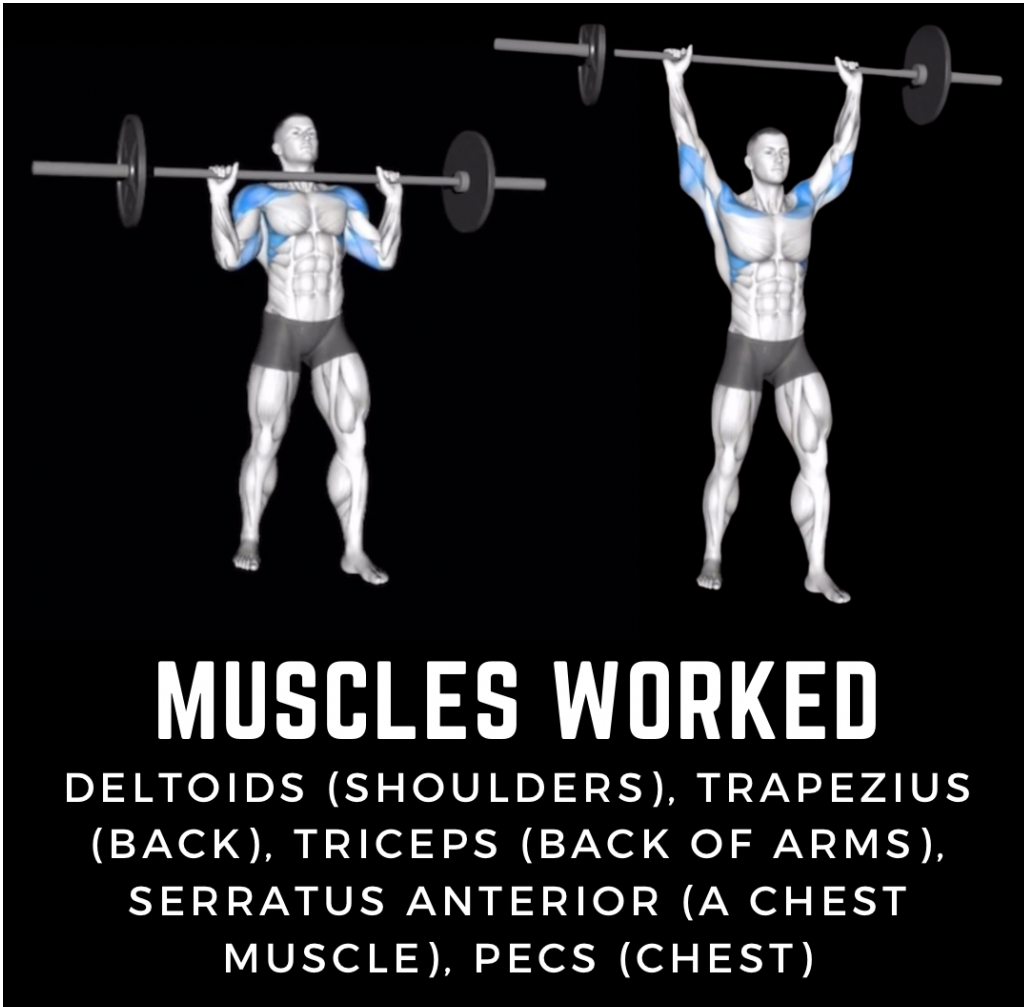


## HOW TO PERFORM A BARBELL SHOULDER PRESS



### HOW TO DO:

1. First, place a barbell in a rack at about chest height.
2. Grip the bar slightly wider than shoulder-width apart, and step close to it.
3. Inhale, lightly brace your core, and un-rack the bar.
4. Let the bar rest against your front delts while you step back from the rack.
5. Press the bar up to straight arms while exhaling.
6. Inhale at the top or while lowering the bar with control back to your shoulders.
7. Repeat for reps.