

Personal Training by Robert J. Bovee

Researched & Written by Robert J. Bovee Certified Master PPT, RTS, ETS, FTS, LMS, WMS, HWFS, SNS, SSCS, MES, E/FT, PSCS, PRCS

SHOULDER PRESS (DUMBBELLS)

A. Emphasis. The primary muscles stressed in this movement are the shoulder muscles (deltoid). The secondary muscles stressed are the triceps and trapezius.

B. Starting Position. Grab a dumbbell in each hand and carefully sit in a utility chair with your back flat against the back support.

C. Movement. Press the dumbbells straight up over head with your arms extended. Dumbbells should be 2" apart. Your palms should be facing forward and forearms straight up and down. Take 2 to 3 seconds to lower the dumbbells down until your elbows are level with your shoulders (**no lower**) and your forearms are straight up and down. Press the dumbbells straight back up to the extended position.

D. Training Tips.

- 1) Keep your back flat against the back support.
- 2) Keep your feet flat on the floor to help balance your body.
- 3) Focus on your shoulders pressing the dumbbells up so your triceps don't do most of the work.

E. Options.

- 1) The dumbbells can be turned in to a position where your palms are facing if you have a shoulder injury or you are trying to isolate different muscles in the shoulder.

F. Warning Tips.

- 1) **Do not** overextend your shoulders when raising the dumbbell up to the extended position. Failure to do so can result in serious injury to your shoulders.
- 2) **Do not** excessively arch your back when performing this movement. Failure to do so can result in serious injury to your back.
- 3) **Do not** lower the dumbbells any lower than when your elbows are level with your shoulders (**no lower**) Failure to do so can result in serious injury to your shoulders.
- 4) **Do not** lower the dumbbells any faster than 2 to 3 seconds. You must be in control at all times during this movement. The faster you perform this movement, the less control you will have, which in turn will increase your risk of injury.