

STANDING DUMBBELL SHOULDER PRESS



START POSITION – Stand upright holding a dumbbell in each hand with the dumbbells positioned right above, and in line with, the shoulders. Wrists and elbows will be under the dumbbells. Bend knees slightly and keep chest up tall.

THE MOVEMENT – Keeping feet flat on the floor, press the dumbbells vertically above the head until they are locked out above ear level. Stabilize the dumbbells in the top position with elbows locked out. Do not press the dumbbells forward towards the feet or backward too far behind ear level. Lower the dumbbells under control back to the start position and reset for the next repetition. Do not bounce the dumbbells off of the shoulders.