

# dumbbell shoulder press

**target muscles:** anterior and medial deltoids

## *starting position*

1. Sit on the edge of a bench or an exercise ball.
2. Hold a pair of dumbbells, hands facing forwards, level with your shoulders.

## *movement*

1. Press the dumbbells upwards and inwards until they almost touch over your head.
2. Straighten your arms but do not lock out your elbows.
3. Hold for a count of one. Lower the dumbbells slowly back to the starting position and perform the number of repetitions required.

## TIPS

- Hold your abdominal muscles taut to help stabilise your spine or, if you are using a very heavy weight, use an adjustable bench with an upright back support.
- If you have limited shoulder mobility, lower the dumbbells only until your upper arms are horizontal.

