

DUMBBELL SQUAT & OVERHEAD PRESS



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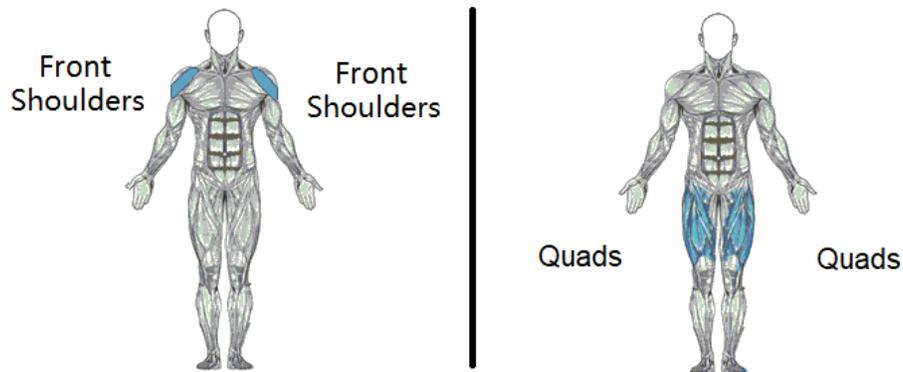
1. Stand up with your torso upright while holding a dumbbell in each hand. Raise both dumbbells so that they are both on the same level as your shoulders from the front, with your palms facing each other. Your feet should be shoulders width apart, with your heels slightly elevated by placing a small plate under each heel. This will be your starting position.
2. Slowly begin to squat down by flexing your hips and knees while maintaining a straight posture, with both dumbbells still in their initial position.
3. Once you've reached a full squat position, engage your quads muscles to stand up again with the weight as you press both dumbbells in a straight line all the way up just above your head, while still keeping your palms facing inwards.
4. Slowly bring the dumbbells back down to their starting position while keeping your shoulders muscles fully engaged and under constant tension.
5. Repeat this motion for the recommended amount of repetitions.

CAUTION: NEVER use a 'Heavy' set pair of Dumbbells when performing this exercise to avoid getting any shoulders, back, knees and/or neck injury. It is normal for you to also feel your back muscles getting engaged while performing this exercise due to the effort being done to stabilize your torso & spine while raising the weight all the way overhead.

ALTERNATIVE EXERCISES: Single Arm Dumbbell Clean & Overhead Press or Machine Shoulder Press (Close Grip)

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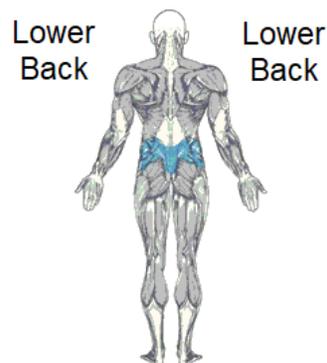
PRIMARY MUSCLES



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80 - %90** when performing this exercise.

SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%10 - %20** when performing this exercise.

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