

SEATED OVERHEAD SINGLE ARM DUMBBELL PRESS



1. Pick a **Dumbbell** with your right hand and sit comfortably on a military bench or a utility gym chair with back support and no head rest. Raise the weight so it's on the same level as your right shoulder, while keeping your right arm fully contracted (forearm touching your bicep) and the palm of your hand facing inwards. Your other non-lifting hand should be at your side grabbing your waist or kept in a neutral state on top of your thigh. Place your feet firm on the ground at about shoulders width apart. This will be your starting position.
2. While maintaining a straight & upright torso, use the front region of your right arm's shoulder muscles to press the weight all the way up in a straight line until your arm is fully extended with the weight just above your head. **Tip:** Keep your back pressed firm against the back pad at all times.
3. Slowly bring the weight back down to it's starting position while keeping your arm on the same front axis you've used when pressing up the weight, and while keeping your shoulders muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.
5. Switch arms and perform the same exact movement for the same amount of repetitions with your other arm.

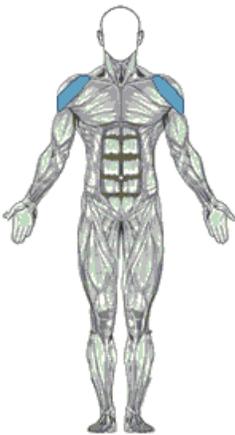
CAUTION: NEVER use a heavy dumbbell when performing this exercise to avoid getting any shoulders, neck and/or back injury. A proper weighted dumbbell that is not too heavy should have you mostly engage the front region of your shoulders muscles -as it should- without putting pressure on your spine and/or putting your shoulders at risk for injury. Pick a lighter weighted dumbbell if you ever felt that your shoulders muscles and/or back are being overstrained. It is normal for you to feel your upper back muscles (trapezius muscles) also getting slightly engaged while performing this exercise.

ALTERNATIVE EXERCISES: [Single Arm Machine Shoulder Press \(Close Grip\)](#) / [Half-Keel Single Arm Shoulder Press](#)

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PRIMARY MUSCLE

Front
Shoulders



Front
Shoulders

SECONDARY MUSCLE

Triceps



Triceps

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.

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 **%20 - %10** when performing this exercise.



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#YOUR_BEST_STARTS_HERE

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