

# SEATED EZ MILITARY PRESS (CLOSE GRIP)



1. Pick an **EZ Barbell** and sit comfortably on a military bench or a utility gym chair with back support and no head rest. Hold the middle/narrow curved part of the bar with your palms facing forward and your hands slightly tilted inwards due to the shape of the bar. Raise the bar so it's just below your chin level with your elbows bent and your arms fully contracted towards your chest (forearms touching your biceps). 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 shoulders muscles to press the bar all the way up in a straight line until your arms are fully extended with the bar just above your head. **Tip:** Keep your back pressed firm against the back pad at all times.
3. Slowly bring the bar back down to it's starting position while keeping your shoulders muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.

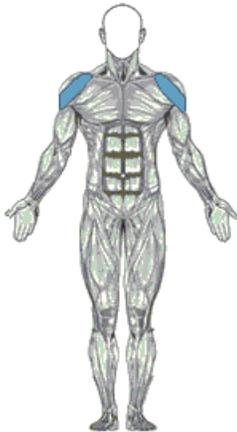
**CAUTION:** NEVER use a heavy set EZ bar when performing this exercise to avoid getting any shoulders, neck and/or back injury. A proper weighted EZ bar that is not too heavy should have you mostly engage the front portion of your shoulders muscles -as it should- without putting pressure on your spine and/or putting your shoulders at risk for injury. Pick a lighter EZ bar 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:** [Machine Shoulder Press \(Close Grip\)](#) / [Seated Arnold Press](#) / [Seated Overhead Plate Press](#)

# SEATED EZ MILITARY PRESS (CLOSE GRIP)

## PRIMARY MUSCLE

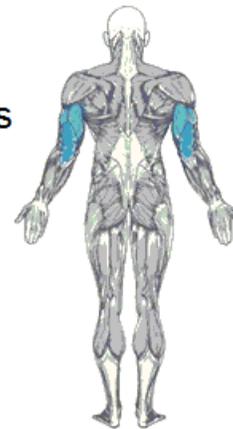
Front  
Shoulders



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.



TM

**#YOUR\_BEST\_STARTS\_HERE**

[www.fitnesslegacy.net](http://www.fitnesslegacy.net)