

SINGLE ARM MACHINE SHOULDER PRESS (CLOSE GRIP)



1. Sit down on a **Shoulders Press Machine** with your back pressed firm against it's back pad. Adjust the seat according to your height so that the machine's arm grips are on the same level as your shoulders, then select your desired resistance to be used. Place your feet firm on the floor at about shoulders width apart.
2. Grab the close arm grip (pointing forward) placed next to your right shoulder, while keeping your right elbow bent and your forearm facing forward. Your other non-lifting hand should be at your side grabbing your waist or kept in a neutral state on top of your thigh. This will be your starting position.
3. While maintaining a straight & upright torso, use the front region of your right shoulder muscles to lift the arm grip all the way up until your right arm is fully extended, and while keeping a straight & upright torso throughout the entire movement. **Tip:** Keep your back pressed firm against the back pad at all times.
4. Slowly bring the arm grip back down to it's starting position, while keeping your right shoulder muscles fully engaged and under constant tension.
5. Repeat this motion for the recommended amount of repetitions.
6. Switch arms and perform the same exact motion for the same amount of repetitions with your other arm.

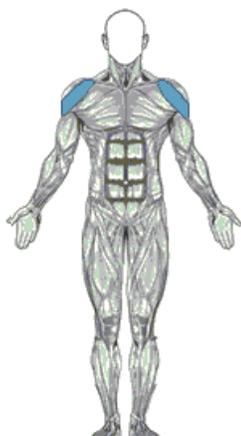
CAUTION: NEVER use a heavy weight setting when performing this exercise to avoid getting any shoulders, elbows and/or back injury. A proper adjusted weight setting that is not too heavy should have you mostly engage the front region of your shoulders muscles -as it should- without putting negative pressure on your spine and/or putting your shoulders at risk for injury. Lower down the weight resistance 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: [Seated Overhead Single Arm Dumbbell Press](#) / [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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