

STANDING OVERHEAD DUMBBELL PRESS



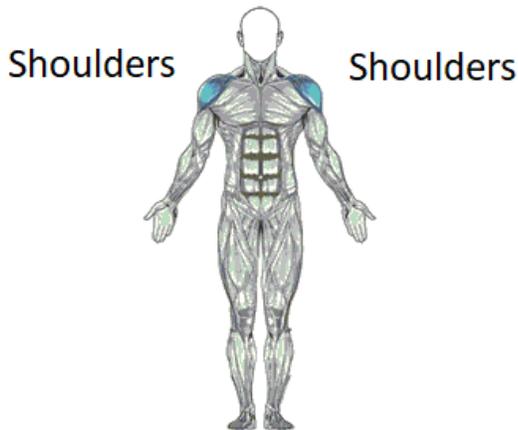
1. Stand tall while holding a **Dumbbell** in each hand that's been raised up to your sides to be on the same level as your shoulders, with your palms facing forward and your elbows pointing out to your sides and in-line with your torso. Place your feet firm on the ground at about hips width apart. This will be your starting position.
2. While maintaining a straight & upright posture, use your shoulders muscles to press both weights all the way up in a straight line until your arms are fully extended with the weights just above your head, and with your palms still facing forward.
3. Slowly bring the weights back down to their starting position while keeping them on the same side axis you've used when pressing them up, and while keeping your shoulders muscles fully engaged and under constant tension. Only your arms should be moving up and down with the weights while the rest of your body should remain stationary (not moving), and always maintain a straight & upright posture throughout the entire movement.
4. 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, neck and/or back injury. A proper weighted set of dumbbells that are not too heavy should have you mostly engage your shoulders muscles -as it should- without putting pressure on your spine and/or putting your shoulders at risk for injury. Pick a lighter set of dumbbells 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 Dumbbell Press](#) / [Standing Military Press](#) / [Machine Shoulder Press \(Wide Grip\)](#)

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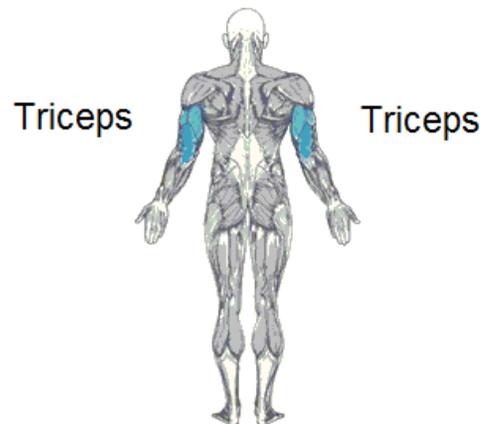
PRIMARY MUSCLE



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 MUSCLE



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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