

STANDING OVERHEAD PLATE PRESS



1. Stand tall while holding a **Weight Plate** from both sides just below your chin level, with your elbows bent and your forearms facing forward. Place your feet firm at about hips 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 weight all the way up in a straight line until your arms are fully extended with the plate just above your head.
3. Slowly bring the weight plate back down to it's starting position while keeping your shoulders muscles fully engaged and under constant tension. Only your arms should be moving up and down with the weight plate 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.

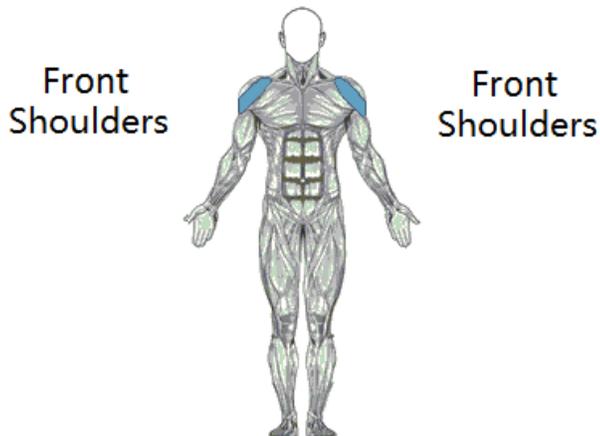
CAUTION: NEVER use a heavy set weight plate when performing this exercise to avoid getting any shoulders, neck and/or back injury. A weight plate that is not too heavy should have you mostly engage the front region of your shoulders muscles -as it should- without putting pressure on your spine and/or putting your shoulders at risk for injury. Pick a lighter weight plate 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:

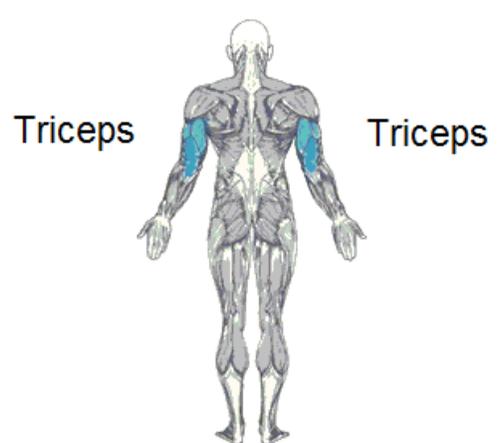
[Seated Overhead Plate Press](#) / [Standing EZ Bar Military Press \(Close Grip\)](#) / [Machine Shoulder Press \(Close Grip\)](#)

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PRIMARY MUSCLE



SECONDARY 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.

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.



#YOUR_BEST_STARTS_HERE

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