

# SEATED ARNOLD PRESS



1. Pick a pair of **Dumbbells** and sit comfortably on a military bench or a utility gym chair with back support and no head rest. Raise both weights up to your front with your elbows bent and your arms fully contracted towards your chest (forearms touching your biceps) and the palms of your hands are facing inwards. 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 your shoulders muscles to press both weights all the way up while simultaneously rotating your forearms outwards until the palms of your hands are facing forward and your arms are fully extended with the weights just above your head. **Tip:** Keep your back pressed firm against the back pad at all times.
3. Slowly bring the weights back down to their starting position while simultaneously rotating your forearms inwards in an opposite motion to that you've used when pressing up the weights, and while keeping your shoulders muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.

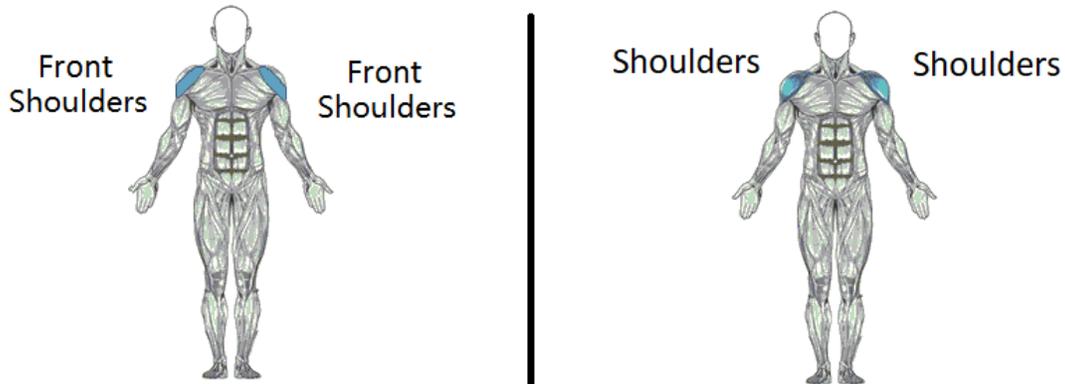
**CAUTION:** NEVER use a heavy set pair of dumbbells when performing this exercise to avoid getting any shoulders, neck and/or back injury. A proper weighted set of dumbbells that are not too heavy should have you mostly engage your shoulders muscles -as it should- without putting pressure on your spine 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:

[Machine Shoulder Press \(Wide Grip\)](#) / [Machine Shoulder Press \(Close Grip\)](#) / [Seated Side & Front Dumbbell Raises](#)

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## PRIMARY MUSCLES

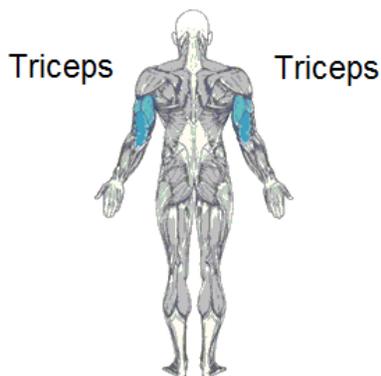


A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80 - %90** when performing this exercise.

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## SECONDARY MUSCLES



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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