

SEATED OVERHEAD PLATE PRESS



1. Pick a **Weight Plate** and sit comfortably on a military bench or a utility gym chair with back support and no head rest. Raise the weight plate so it's held just below your chin level, while holding it firm from both sides with your elbows bent and your forearms facing forward. 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 weight all the way up in a straight line until your arms are fully extended with the plate just above your head. **Tip:** Keep your back pressed firm against the back pad at all times.
3. Slowly bring the weight plate 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.

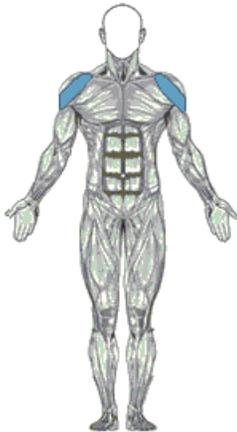
CAUTION: NEVER use a heavy set weight plate when performing this exercise to avoid getting any shoulders, neck and/or back injury. A weight plate that is not too heavy should have you mostly engage the front region of your shoulders muscles -as it should- without putting pressure on your spine and/or 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: [Machine Shoulder Press \(Close Grip\)](#) / [Seated EZ Bar Military Press \(Close Grip\)](#)

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PRIMARY MUSCLE

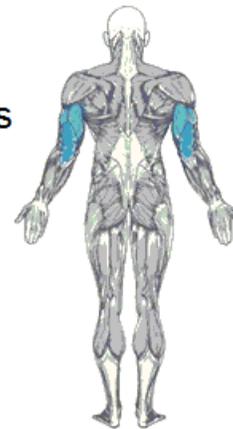
Front Shoulders



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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