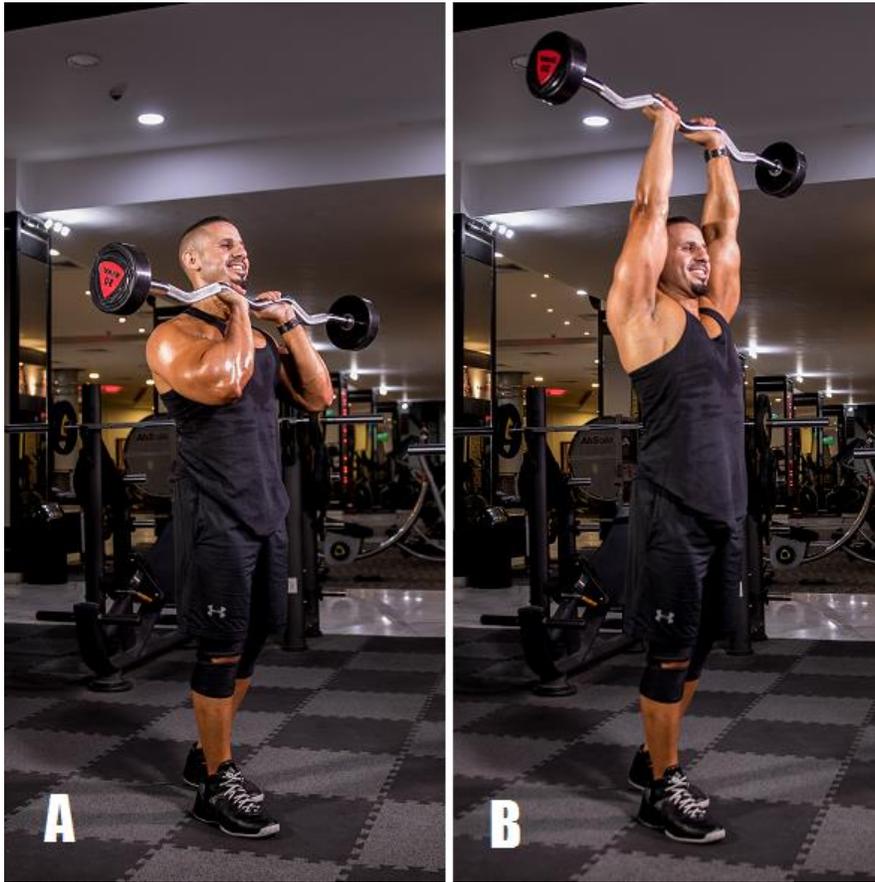


STANDING EZ MILITARY PRESS (CLOSE GRIP)



1. Stand while holding the middle/narrow curved part of an **EZ Barbell** with your palms facing forward and your hands slightly tilted inwards due to the shape of the bar. Raise the bar so it's just below your chin level with your elbows bent and your arms fully contracted towards your chest (forearms touching your biceps). Place your feet firm on the ground at about shoulders width apart. This will be your starting position.
2. While maintaining a straight & upright posture, use the front region of your shoulders muscles to press the bar all the way up in a straight line until your arms are fully extended with the weight just above your head.
3. Slowly bring the bar 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 bar 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.

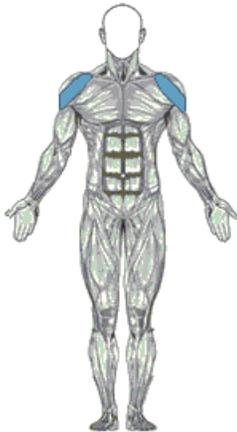
CAUTION: NEVER use a heavy set EZ bar when performing this exercise to avoid getting any shoulders, neck and/or back injury. A proper weighted EZ bar that is not too heavy should have you mostly engage the front portion of your shoulders muscles -as it should- without putting pressure on your spine and/or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

STANDING EZ MILITARY PRESS (CLOSE GRIP)

PRIMARY MUSCLE

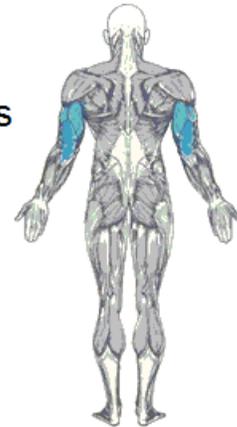
Front
Shoulders



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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