

SEATED MILITARY PRESS



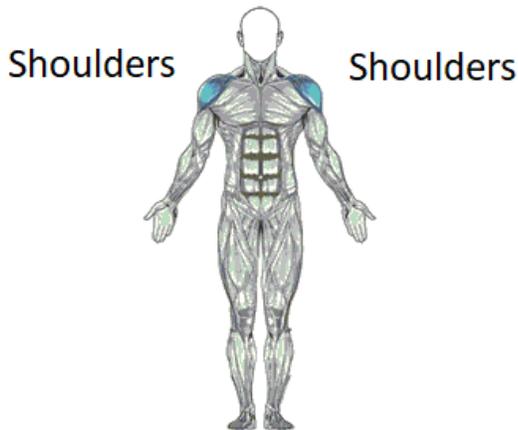
1. Pick a **Straight Barbell** and sit comfortably on a military bench or a utility gym chair with back support and no head rest. Hold the bar at a shoulders width grip with the palms of your hands facing forward. Raise the bar so it's just below your chin level, with your elbows bent and in-line with your torso. 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 the bar all the way up in a straight line until your arms are fully extended with the weight just above your head. **Tip:** Keep your back pressed firm against the back pad at all times.
3. Slowly bring the bar 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 barbell when performing this exercise to avoid getting any shoulders, neck and/or back injury. A proper weighted barbell that is 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 barbell 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 \(Wide Grip\)](#) / [Seated Overhead Dumbbell Press](#)

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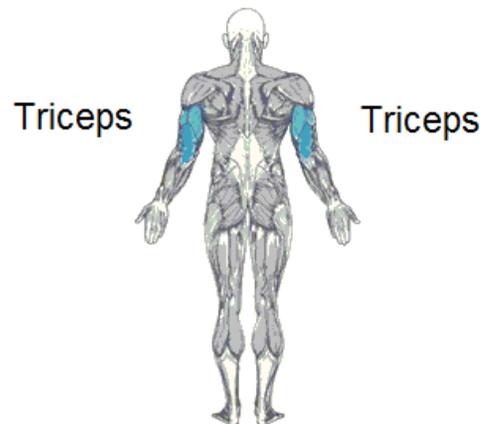
PRIMARY MUSCLE



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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