

STANDING MILITARY PRESS



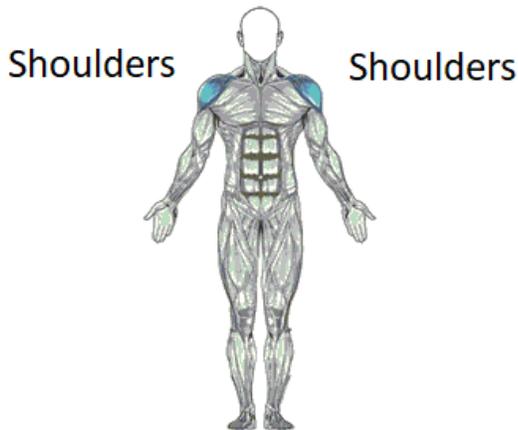
1. Stand tall while holding a **Straight Barbell** at a shoulders width grip with the palms of your hands facing forward. Raise the bar so it's just below your chin level, with your elbows bent and in-line with your torso. Place your feet firm at about width apart. This will be your starting position.
2. While maintaining a straight & upright posture, use your shoulders muscles to press the bar all the way up in a straight line until your arms are fully extended with the bar 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 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 Military Press](#) / [Seated Overhead Dumbbell Press](#)

STANDING MILITARY PRESS

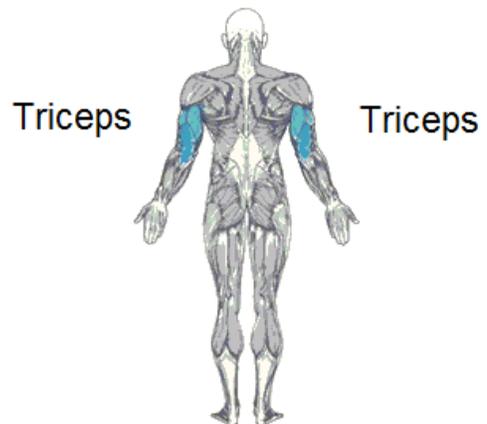
PRIMARY MUSCLE



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.



#YOUR_BEST_STARTS_HERE

www.fitnesslegacy.net