

# SEATED OVERHEAD DUMBBELL PRESS



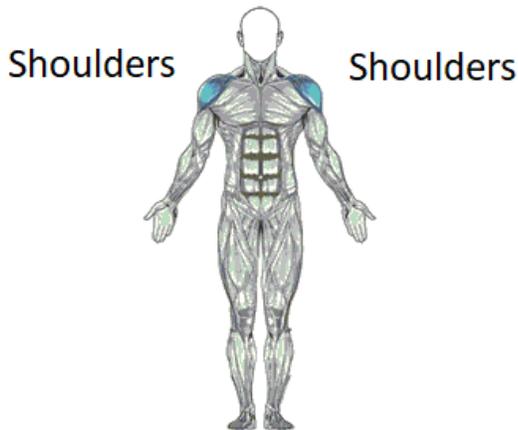
1. Pick a pair of **Dumbbells** and sit comfortably on a military bench or a utility gym chair with back support and no head rest. Raise both weights up to your sides so that they are on the same level as your shoulders, with your palms facing forward and your elbows pointing out to your sides and in-line 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 both weights all the way up in a straight line until your arms are fully extended with the weights just above your head, and with your palms still facing forward. **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 keeping them on the same side axis you've used when pressing them up, 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:** [Seated Military Press](#) / [Machine Shoulder Press \(Wide Grip\)](#)

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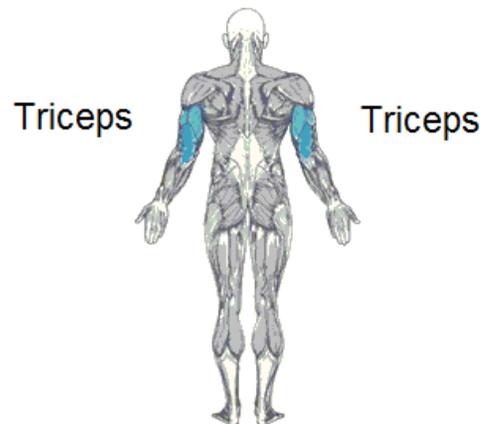
## PRIMARY MUSCLE



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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