

SWISS BALL OVERHEAD DUMBBELL PRESS



1. Pick a pair of dumbbells and sit comfortably with your torso held upright & straight on a stable Swiss Ball with both your feet firm on the ground at about shoulders width apart. Raise both dumbbells so that they are on the same level as your head, with your palms facing forward. This will be your starting position.
2. Use your shoulders muscles to press both dumbbells in a straight line all the way up until their ends meet in the middle just above your head, with the palms of your hands still facing forward.
3. Slowly bring the dumbbells back down to their starting position while keeping your shoulders muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.

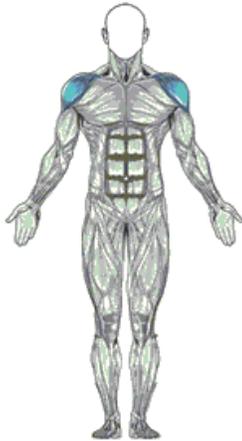
CAUTION: This exercise is meant to engage your shoulders muscles but it's also a balance & coordination exercise that will force you to also engage your core & legs muscles just to keep your torso balanced and centered on the ball while performing the exercise. NEVER use a heavy set pair of dumbbells when performing this exercise to avoid getting a shoulders injury.

ALTERNATIVE EXERCISES: [Band Side Raises](#) / [Seated Overhead Dumbbell Press](#)

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PRIMARY MUSCLE

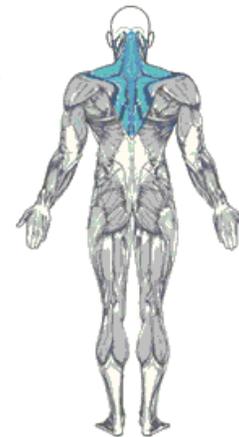
Side
Shoulders



Side
Shoulders

SECONDARY MUSCLE

Trapezius



Trapezius

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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