

SINGLE ARM DUMBBELL CLEAN & PRESS



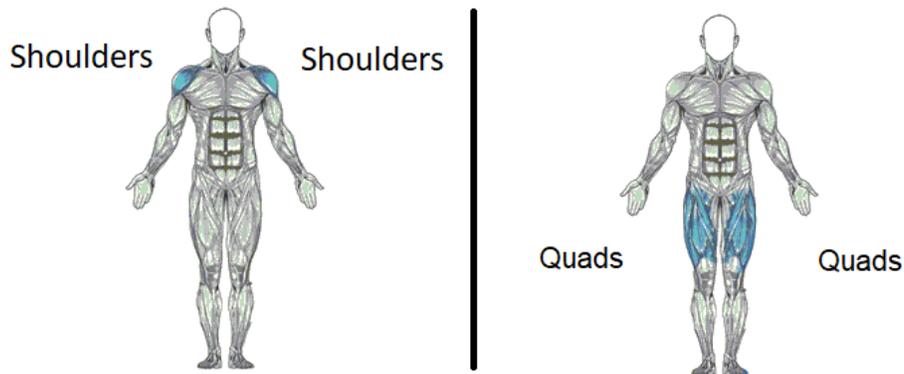
1. Take a half-squat stance while holding a dumbbell in your right hand held in a neutral grip (palm facing inwards), with your arm fully extended down at your center, and while keeping a straight & upright torso. Your other non-lifting hand should be at your side grabbing your waist to give you some balance, and your feet should be at about shoulders width apart. This will be your starting position.
2. Clean the weight up to your shoulder by extending through the legs and hips as you pull the dumbbell towards your shoulder.
3. Dip your body by bending your knees forward while keeping your torso upright and straight, then immediately reverse your movement's direction by driving through your heels & slightly jumping up to create momentum. As you do so, use your right shoulder's muscles and your body's momentum to press the weight overhead by fully extending your arm.
4. Bring back the weight down to its starting position, while using the same motion you've used to bring it up. Always maintain a straight & upright torso.
5. Repeat this motion for the recommended amount of repetitions.
6. Switch arms and perform the same exact motion for the same amount of repetitions with your other arm.

CAUTION: NEVER use a heavy set dumbbell when performing this exercise to avoid getting any shoulders and/or back injury. A proper weighted dumbbell that is not too heavy to lift should have you mostly engage your shoulders muscles -as it should- without putting negative pressure on your spine or putting your shoulders at risk for getting injured. Pick a lighter weighted dumbbell if you ever felt that your shoulders muscles are being overstrained. It is normal for you to feel a slight burn in your forearms due to the effort being done to hold on to the weight the entire time while performing this exercise.

ALTERNATIVE EXERCISES: Half Kneel Overhead Single Arm Dumbbell Press or Single Arm Machine Shoulder Press (Wide Grip)

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PRIMARY MUSCLES



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** when performing this exercise.

SECONDARY MUSCLES



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** when performing this exercise.

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