

Shoulder Press



Fig. 1



Fig. 2

Lifting Technique:

1. **Select the amount of weight**
2. **Adjust the seat height**
 - Feet should be flat on the floor or on a bench
3. **Place your back flat on the pad**
4. **Choose a grip fitting your shoulder width**
5. **Lift weight by pressing arms to full extension overhead**
 - Elbows should not lock or hyperextend
 - Keep back pressed against the pad
6. **Lower the weight by lowering arms where plates nearly touch for full range of motion**
7. **Complete desired number of repetitions**

For more detailed information, as well as visual examples of techniques, go to the computer in this facility and click on "Exercise Guide".

If you feel pain, dizziness, or shortness of breath at any time during this exercise or any other equipment, you should STOP exercising & contact your physician. Alert gym staff if assistance is needed.

Muscles trained:

Deltoids

Triceps

