

Dumbbell Shoulder Press



- Sit on a chair or object that has support for your back
- Grasp the dumbbells in your hands and raise them to shoulder height
- Sit tall with good posture, keeping your abdominal muscles tight
- With your palms forward, your hands are now the base of a triangle
- Push your arms up, hands in line with your ears, bringing your hands together to form the peak of the triangle
- Under control, slowly return to the start position. The dumbbell handles should be at the level of your mouth.

- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
