

# EXERCISE OF THE MONTH

## Shoulder Press

### Start Position



### How To Perform

Begin by grasping the bar with your hands slightly wider than shoulder width, palms facing forward. Position the bar in line with the top of your chest, collarbone, and front of your shoulders. Contract your core and push the weight at an upward angle. The weight should travel in a straight line over your head. The lift should finish with your arms fully extended over your head.

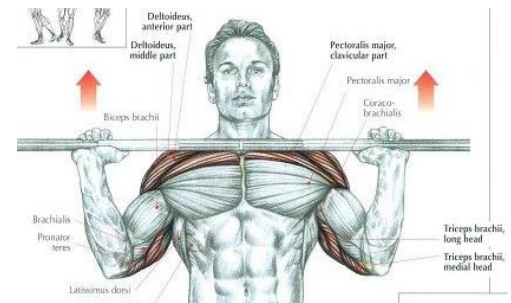
### End Position



### How To Perform

Finish the lift by bringing your arms back down to the starting position. Do this in a slow and controlled manner.

### Muscle Groups Exercised



### Coaching Tips

- ✓ Avoid arching of the back
- ✓ Find a comfortable grip width
- ✓ Perform full range of motion
- ✓ Have feet about shoulder width apart
- ✓ Do not full lockout arms
- ✓ Push head through the window on the way up
- ✓ Bring the weight back to the starting point in a slow and controlled manner

*\* See your PFT for alternative exercise variations and equipment*