

Overhead Press



Muscle Group: Shoulders (pectorals, deltoids) | **Sets & Reps:** 3x8 or 3x10 | **Equipment:** Dumbbell or barbell

Instructions

1. Choose a set of weights that you feel comfortable using.
2. Stand with your feet shoulder width apart and a straight back.
3. Stand with your arms up by your shoulders, with the weights in your hands and grip facing out.
4. Push the weights up over your head until your arms are fully extended, pause at the top, then bring them back down to your shoulders.
5. Repeat this 10 times (3 x 10).

Tips & Modifications

- Make sure movements are slow and controlled
- If you are using a barbell, keep the bar in front of your body in line with your chest.
- If needed, try a single arm press with sets and reps on each side.
- Instead of standing, you can also do this exercise seated.
- If you need help keeping your back straight, try to do this exercise with your back against a wall.
- Beginner Tip: Start with 3-5lbs weight and adjust as needed.



Click here or scan the QR Code below to watch video instructions!

