

## STANDING BB SHOULDER PRESS

START



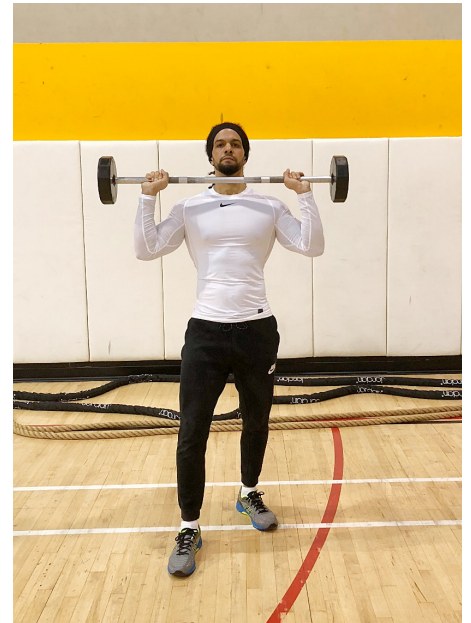
- Hold the barbell with an over hand grip slightly wider than shoulder width apart
- Stand with right leg slightly forward
- Hold the BB up above your shoulder with elbows at a 90° angle
- Keep your back straight

MIDDLE



- Exhale and extend through your elbows
- Raise the BB directly above your head
- Pause at the top of the motion
- For stability keep the shoulder blades down and back during the press

END



- As you inhale slowly and with control bring the BB to the start position
- Do not allow the BB to stray too far back or forward throughout the movement
- Repeat for the recommended number of repetitions

### MUSCLES TARGETED

#### DELTOIDS, TRICEPS & UPPER CHEST

- The the anterior and medial deltoid muscles are used to press straight up
- The triceps work to extend your elbows, which is important throughout the press
- The upper chest is involved in lifting overhead
- The core muscles also engage to stabilize your trunk as you press the BB overhead

#### NOTE

*Research shows that the standing shoulder press uses the triceps more when using the barbell rather than dumbbells. Therefore, it is the best option for triceps development among shoulder pressing variations.*