

DB ARNOLD PRESS

START



- Stand straight, with feet shoulder width apart
- Hold two dumbbells in front of you at about upper chest level
- Palms facing your body and your elbows bent
- Your arms should be next to your torso
- The starting position should look like the contracted portion of a dumbbell curl

MIDDLE



- As you begin to raise the dumbbells start rotating palms of your hands
- When dumbbells are at eye level palms should be facing each other

END



- Continue lifting the dumbbells until your arms are extended above you in straight arm position
- Hands should have rotated with palms facing forward
- Breathe out as you perform this portion of the movement
- After a second pause at the top, begin to lower the dumbbells to the original position by rotating the palms of your hands towards you
- Repeat for the recommended amount of repetitions

MUSCLES TARGETED

DELTOIDS

- The Arnold press is an isolation exercise which isolates shoulder flexion
- It primarily works the anterior deltoid by forcing your elbows to drop in front of your body
- As you press the dumbbells upward, the middle and rear delts become increasingly engaged but not until the front delts initiate most of the move

NOTE

One of the benefits of the Arnold Press isolating the shoulder muscles is that it causes more of the weight to be put on the intended muscles (the deltoids) resulting in a more effective and harder shoulder workout. You can perform the exercise sitting down if you have lower back issues.