

SQUAT TO SHOULDER PRESS (warm-up)

START



MIDDLE



END



- Stand with feet shoulder width apart
- Place the bar on the heel of your palm with an overhand grip
- Hold barbell with a fairly narrow grip
- Forearms must be vertical underneath the bar
- Hold at shoulder height
- Look straight ahead

- Keeping core tight slowly come down into a squatting position
- Center your weight under the barbell
- Knees bent over your toes
- Hamstrings parallel with the floor
- Hold this position

- Press up through your heel
- Drive the bar directly above your head until your arms are straight
- Lower barbell slowly to starting position
- Maintain a neutral arch in your spine throughout the move
- Repeat sequence

MUSCLES TARGETED

GLUTES, HAMSTRINGS, QUADRICEPS, SHOULDERS, TRICEPS AND CORE

- The triceps are active throughout the full range of motion of the shoulder press, regardless of hand spacing. The closer your hands are on the bar, the greater the activation of the triceps
- Your abdominals and lower back contract to maintain your torso in an upright position and stabilize you when you are lifting
- Hamstrings act as a brake as you descend and then powerfully contract to extend your hip and help you stand back up
- Glutes also help control your descent and are then involved in extending your hips to push you back upward. Squats are an effective butt-building exercise
- Quadriceps are your primary knee extensor muscles and the ones you are most likely to feel after a high-rep set of squats to shoulder press

NOTE

To maintain correct form and balance try keeping your eyes on a fixed point during the entire movement.