

# Shoulder Press

MAP REF

5

## Strength

### HOW TO

- Sit comfortably on the chair and position your hands at the bottom of the hand grips, palms facing forward
- Engage your core, tilt your chin slightly toward the chest. Ensure you have a stable and comfortable position
- Press your arms forward and lean forward so your face passes over your knees
- There should be a straight line from your hands, elbows shoulders and hips
- Your back should maintain posture during this exercise with contraction of the core muscles
- Press upward with shoulders and triceps until your arms are extended overhead
- Lower your hands to the sides of your shoulders and repeat
- Repeat



# Shoulder Press *(continued)*

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5

## Strength

### BEGINNER

Leave your feet on the ground to make the exercise easier if you are developing strength

### ADVANCED

Lift your feet off the ground to add weight

