Shoulder Press

Muscles Exercised – Deltoids and Triceps

Setup
Adjust the seat height so handles are aligned with or above shoulder height. Check the weight stacks to ensure appropriate resistance. Grip one or both handles. Body is positioned with chest-up, shoulders and head back against back pad.

Performing the Exercise
With a controlled motion, extend the handles up until arms are fully extended. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: Focus on extending your elbows as opposed to pressing the handles up, as this increases the mental concentration on the Deltoid muscles.