(MTS) Shoulder Press

Muscles Exercised – Triceps, Medial Deltoid, Anterior Deltoid

Setup –
Position the seat so the handles are about 2 or 3 inches above your shoulders. Grasp the handles so that your palms are facing upward.

Performing the Exercise –

1. Press upward in a controlled manner until your arms are straight but your elbows are not locked.

2. Maintain good posture through full movement

3. Slowly lower the handles to the starting position.