SIGNATURE SERIES SHOULDER PRESS (FZSP)

Muscles Exercised – Deltoids and Triceps

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

NOTE: The neutral handles are ideal for persons with limited shoulder flexibility or orthopedic limitations.

Performing the Exercise
With a controlled motion, extend the handles up till 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 arm up, as this increases the mental concentration on the Deltoid muscles.