

SHOULDER PRESS



- Stand with your feet shoulder width apart.
- With dumbbells in each hand, raise the dumbbells until they are shoulder height and shoulder width apart.
- Push the dumbbells above your head. Keep your arms straight at the top of the press.
- Note: Keep the dumbbells shoulder width apart. Keep your back straight and shoulders relaxed throughout the entire exercise.

| Beginner | Intermediate | Advanced |
|---------------------|--------------------|--------------------|
| 1-2 sets; 5-10 reps | 2 sets; 10-15 reps | 3 sets; 10-20 reps |