

Personal Training by Robert J. Bovee

Researched & Written by Robert J. Bovee Certified Master PPT, RTS, ETS, FTS, LMS, WMS, HWFS, SNS, SSCS, MES, E/FT, PSCS, PRCS

SHOULDER PRESS (STRAIGHT BAR TO THE FRONT)

A. Emphasis. The primary muscles stressed in this movement are the shoulder muscles (anterior and medial deltoid). The secondary muscles stressed are the triceps and trapezius.

B. Starting Position. Sit straight up and down with your back flat against the back support. Grip the bar at the assigned position and lift it up until your arms are extended straight over your head.

C. Movement. Take **2** to **3** seconds to lower the bar down in front of your head until it is level with your mouth/chin. Press the bar back up to the extended position over your head.

D. Training Tips.

- 1) Focus on your shoulders pressing the bar so your triceps don't perform most of the work.
- 2) When performing a shoulder pressing movement with heavy weight, be sure to sit in a seat with a back support. This will help give the necessary support needed for your back.
- 3) Keep your feet flat on the floor to help balance your body.

E. Options.

- 1) You can vary the position of your grip on the bar to stress different areas of the shoulder (wide and medium grip).

E. Warning Tips.

- 1) **Do not** over extend your shoulders when raising the bar up to the extended position. Failure to do so can result in serious injury to your shoulders.
- 2) **Do not** excessively arch your back when performing this movement. Failure to do so can result in serious injury to your back.
- 3) **Do not** lower the bar any faster than **2** to **3** seconds when performing this movement. You must be in control at all times during this movement. The faster you perform this movement, the less control you will have, which in turn will increase your risk of injury.