

Level 3 Strength Exercise #13: Shoulder Press

Objective: This exercise strengthens your arms and shoulders.

How to begin: **This exercise can be completed either sitting or standing.*

1. **Begin with your feet shoulder-width apart and flat on the floor.**
2. **Hold weights at shoulder height with your palms facing forward. Breathe in slowly.**
3. **Slowly breath out as you raise both arms up over your head, keeping your elbows bent slightly.**
4. **Hold this position for 1 second.**
5. **Breathe in as you slowly lower your arms back down to the starting position.**
6. **Repeat on the opposite side if you complete this exercise one arm at a time.**

How to progress:

1. Use heavier dumbbells.
2. Alternate arms until you can lift the weight comfortably with both arms.

The following activities can be similar to this exercise:

1. Placing items in an overhead cabinet.



Goal:

Do ____sets, ____ per set.

Increase to: ____sets, ____ per set.