Title: Barbell Push and Press

Primary Muscle Groups: Shoulders

Secondary Muscle Groups: Abs, Glutes &amp; Hip Flexors, Quadriceps, Triceps

Summary: <ol>

<li>Stand with feet hip width apart and grasp a barbell with an overhand grip.</li>

<li>Make sure your hands are placed slightly wider than shoulder-width.</li>

<li>Bring the bar to chest height and slightly retract your head back.</li>

<li>Bend the knees, hips and ankles to dip slightly.</li>

<li>Use your legs to explosively drive your body upwards and drive the barbell off your shoulders, extending your arms overhead.</li>

<li>Lower the bar to your shoulders and repeat.</li>

</ol>