Title: Barbell Shoulder Press / Overhead Press

Primary Muscle Groups: Shoulders

Secondary Muscle Groups: Abs, Triceps, Upper Back &amp; Lower Traps

Summary: <ol>

<li>Place a bench with a back support inside a squat rack and set up a barbell at a height that is just above your head.</li>

<li>Grip the barbell with an overhand grip.</li>

<li>Space your hands out so that your elbows are bent at 90 degrees.</li>

<li>Lift the bar to around shoulder level by extending your arms.  This is the start position.</li>

<li>Inhaling, lower the bar  to your shoulders slowly.</li>

<li>Hold for a count of one while squeezing your shoulder muscles.</li>

<li>Push the barbell back to the start position as you exhaling as you do so..</li>

<li>Repeat for the recommended amount of repetitions.</li>

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