Title: Seated Barbell Military Press

Primary Muscle Groups: Shoulders, Upper Back &amp; Lower Traps

Secondary Muscle Groups: Abs, Triceps

Summary: <ol>

<li>Set up a barbell on a weight rack, so that it is at the same height as your shoulders when seated.</li>

<li>Position a flat bench with your back facing the barbell.</li>

<li>Keeping your back straight, take the barbell from the rack using on overhand grip, with your hands wider than shoulder width apart. They should be wide enough that your elbows are bent at 90 degrees at the low position.</li>

<li>Lift the bar up and slightly over your head by pushing up and locking your arms. This is the start position.</li>

<li>Inhale and slowly lower the bar down to shoulder level in a straight line. Hold for a count ofone while squeezing your triceps and shoulder muscles.</li>

<li>Exhale and push the bar back up to the start position.</li>

<li>Repeat.</li>

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