Title: Standing Barbell Shoulder Press

Primary Muscle Groups: Shoulders

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

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Hold a barbell with an overhand grip in a standing position. Your feet should be shoulder-width apart. Maintain a tight core and flat lower back throughout.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bring the barbell to shoulder height with your palms facing out. Begin by pushing the barbell straight overhead. Focus on contracting the shoulders while driving the glutes forward for stability.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once you reach the top, slowly bring the barbell to the starting position but do not allow it to rest on your shoulders. Immediately, move into the next repetition.</span></li>

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