Title: Standing Overhead Military Barbell Shoulder Press

Primary Muscle Groups: Shoulders

Secondary Muscle Groups: Abs

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Position a barbell on a squat rack at shoulder height. Brace your core throughout the movement. Step underneath the barbell and grab onto it with shoulder-width hand placement. Step back with the barbell.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Slowly, push the barbell overhead, focusing the tension in the shoulders. Do not fully lock out the elbows.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Pause then slowly bring the barbell back to the starting position but do not allow it to rest on your shoulders. Move into the next repetition.</span></li>

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