Title: Dumbbell Cuban Press

Primary Muscle Groups: Shoulders

Secondary Muscle Groups: Neck &amp; Upper Traps

Summary: <ol>

<li>Standing with a tight core and flat back, hold a pair of dumbbells at your sides.</li>

<li>Keeping the dumbbells in a horizontal position, pull them up upwards, leading with your elbows.</li>

<li>When your upper arms are parallel with the floor, pause, then flip the dumbbells up. The dumbbells will be above your shoulders next to your head.</li>

<li>Press the dumbbells straight up in to the air.</li>

<li>Pause and return to the starting position.</li>

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