Title: Dumbbell Overhead Shoulder Press

Primary Muscle Groups: Shoulders

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

Summary: <ol>

<li>Sit on a military press bench or bench that has a back support, holding a dumbbell in each hand with an overhand grip.</li>

<li>Place the dumbbells on top of your thighs with your palms facing down.</li>

<li>Raise the dumbbells to your shoulders.</li>

<li>Rotate your wrists so that the palms of your hands are facing away from you. This is the start position.</li>

<li>As you exhale,  push the dumbbells up and over your head by extending your arms until the dumbbells touch at the top of the movement.</li>

<li>Pause for a count of one.</li>

<li>Slowly return to the start position inhaling as you do so.</li>

<li>Repeat.</li>

</ol>