Title: Seated Arnold Dumbbell Press

Primary Muscle Groups: Shoulders

Secondary Muscle Groups: Biceps, Neck &amp; Upper Traps, Triceps

Summary: <ol>

<li class="p1">Begin by sitting on a flat bench. Hold the dumbbell at your side with an overhand grip. Tighten your core and flatten your back.</li>

<li class="p1">Bring the dumbbells up to shoulder height so that your palm are facing you. Push the dumbbells overhead. Rotate them as you do so.</li>

<li class="p1">At the height of the movement, your palms should be facing away from you. Pause, contract and slowly return to the starting point through the same rotation.</li>

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