Title: Seated Shoulder Hammer / Overhead Presses

Primary Muscle Groups: Shoulders

Secondary Muscle Groups: Chest, Triceps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Sit on a bench/chair with your back straight and the dumbbells in a hammer grip so that the dumbbells run lengthways along the side of your face. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Drive both weights, simultaneously upwards, until your reach a full overhead extension.  </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Carefully lower the dumbbells back down to the starting position, maintaining the hammer grip all the way through the movement. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Be sure to keep your core strong and lower back connected to the bench/chair at all times. </span></li>

</ol>