Title: Standing Dumbbell Overhead Shoulder Press

Primary Muscle Groups: Shoulders

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

Summary: <ol>

<li>Holding a dumbbell in each hand, stand straight, with your feet shoulder width apart.</li>

<li>Raise the dumbbells to head height by rotating your arms forward and up.</li>

<li>Your triceps should be parallel to the floor and your elbows bent at 90 degrees. This is the start position.</li>

<li>Keeping your back straight and using only your arms, extend through your shoulders and elbows to drive the dumbbells straight up, ehaling as you do so.</li>

<li>As your arms reach the fully extended position, bring them in towards each other until the dumbbels touch lightly together.</li>

<li>Hold for a count of one, while squeezing your shoulder muscles.</li>

<li>In a controlled movement, return to the starting position, inhaling as you do so.</li>

<li>Repeat.</li>

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