Title: Body weight Shoulder Presses

Primary Muscle Groups: Shoulders

Secondary Muscle Groups: Chest

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">From a push-up position push your glutes upwards and walk your feet in so that you are in a downward-dog pose.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">The shape of your body should look like a triangle from the side. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lower your shoulders towards the ground by bending your elbows. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Allow your forehead to very lightly make contact with the ground before pushing upwards and away back into the starting position.</span></li>

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