Title: Resistance Band Standing Shoulder Press / Overhead Press

Primary Muscle Groups: Shoulders

Secondary Muscle Groups: Abs

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Place your left foot onto the middle of a resistance band. Step forward with the right. Tighten your abdominals and avoid arching your back.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Press the handles of the resistance band up and stop once your upper arms are parallel with the ground, making a scarecrow formation. The band should be behind your arms.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Slowly press the resistance band overhead. Do not lock out the elbows. Lower to the starting position and begin again.</span></li>

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