Title: Stability / Swiss / Exercise Ball Dumbbell Shoulder Press

Primary Muscle Groups: Shoulders

Secondary Muscle Groups: Abs

Summary: <ul>

<li>Holding a pair of dumbbells, carefully sit and find your balance on a stability ball.</li>

<li>Sit up straight and keep your core tight as you lift the dumbbells up to shoulder height. The dumbbells should be horizontal and your palms should be facing forward.</li>

<li>Slowly push the dumbbells overhead without locking out your elbow.</li>

<li>Pause and return to the starting position.</li>

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