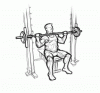
[**Smith Machine Shoulder Press**](http://www.makeoverfitness.com/other-shoulder-exercises/7469-smith-machine-shoulder-press)

[](http://www.makeoverfitness.com/other-shoulder-exercises/7469-smith-machine-shoulder-press)

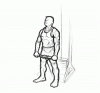
Target Muscles: Shoulders

Equipment: Smith Machine

Instructions: Position body so bar is in front and sit in good body alignment (abs tight, chest up, back straight). Grip bar so hands remain over elbow joints during exercise. Just before execution, rotate bar to release from latch and press (palms forward) over head, with elbows bent and upper arms vertical. In a controlled motion, lower bar toward chest, bending elbows as far as possible without compromising form. Hands should be over the elbow joints. While maintaining the controlled motion, press to starting position. Do not allow muscles to relax before next repetition.

Tags: [Shoulders](http://www.makeoverfitness.com/exercise-find/tag/120)[Full Gym](http://www.makeoverfitness.com/exercise-find/tag/129)

[**Front Cable Raises**](http://www.makeoverfitness.com/other-shoulder-exercises/7468-front-cable-raise)

[](http://www.makeoverfitness.com/other-shoulder-exercises/7468-front-cable-raise)

Target Muscles: Shoulders

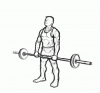
Equipment: Cable Machine

Instructions: Grasp the cable attachment that is attached to the low pulley with one hand. Face away from the pulley and put your arm straight down. Keeping your body straight and your elbow nearly locked, raise your arm up in front of your body. Do not swing! Go up to about eye level, then slowly return to the starting position. Finish your reps and then switch arms.

Video:  [Male](http://www.youtube.com/watch?v=kXmM-EdeUuM)   [Female](http://www.youtube.com/watch?v=o3T36y-TtGs)

Tags: [Shoulders](http://www.makeoverfitness.com/exercise-find/tag/120)[Cables](http://www.makeoverfitness.com/exercise-find/tag/126)

[**Barbell Upright Row**](http://www.makeoverfitness.com/other-shoulder-exercises/5795-upright-row)

[](http://www.makeoverfitness.com/other-shoulder-exercises/5795-upright-row)

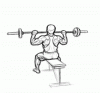
Target Muscles: Shoulders

Equipment: Barbell

Start: Grab a barbell with a false, overhand grip that's shoulder width or a little wider Stand and let the bar hang at arm's length in front of your thighs.

Tags: [Shoulders](http://www.makeoverfitness.com/exercise-find/tag/120)[Barbell](http://www.makeoverfitness.com/exercise-find/tag/124)

[**Seated Barbell Military Press**](http://www.makeoverfitness.com/other-shoulder-exercises/5797-seated-military-press)

[](http://www.makeoverfitness.com/other-shoulder-exercises/5797-seated-military-press)

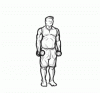
Target Muscles: Shoulders

Equipment: Barbell

Start: Grab a barbell with a full, overhand grip that's shoulder width or a little wider. Stand and hold the bar at collarbone level, with your back in its natural alignment and your knees slightly bent.

Tags: [Shoulders](http://www.makeoverfitness.com/exercise-find/tag/120)[Barbell](http://www.makeoverfitness.com/exercise-find/tag/124)

[**Dumbbell Lateral Raise**](http://www.makeoverfitness.com/other-shoulder-exercises/5669-lateral-raise)

[](http://www.makeoverfitness.com/other-shoulder-exercises/5669-lateral-raise)

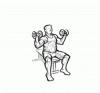
Target Muscles: Shoulders

Equipment: Dumbbell

Start: Stand holding a pair of dumbbells at your sides with an overhand grip, your elbows slightly bent. Bend slightly forward at the hips, keeping your lower back in its naturally arched position.

Tags: [Shoulders](http://www.makeoverfitness.com/exercise-find/tag/120)[Dumbbell](http://www.makeoverfitness.com/exercise-find/tag/127)

[**Dumbbell Shoulder Press**](http://www.makeoverfitness.com/other-shoulder-exercises/1998-dumbbell-shoulder-press)

[](http://www.makeoverfitness.com/other-shoulder-exercises/1998-dumbbell-shoulder-press)

Target Muscles: Shoulders

Equipment: Dumbbells

Start: Position dumbbells to each side of shoulders with elbows below wrists.

Finish: Press dumbbells until arms are extended overhead. Lower and repeat.