

Standing Dumbbell Shoulder Press Video Exercise Guide

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EXERCISE PROFILE

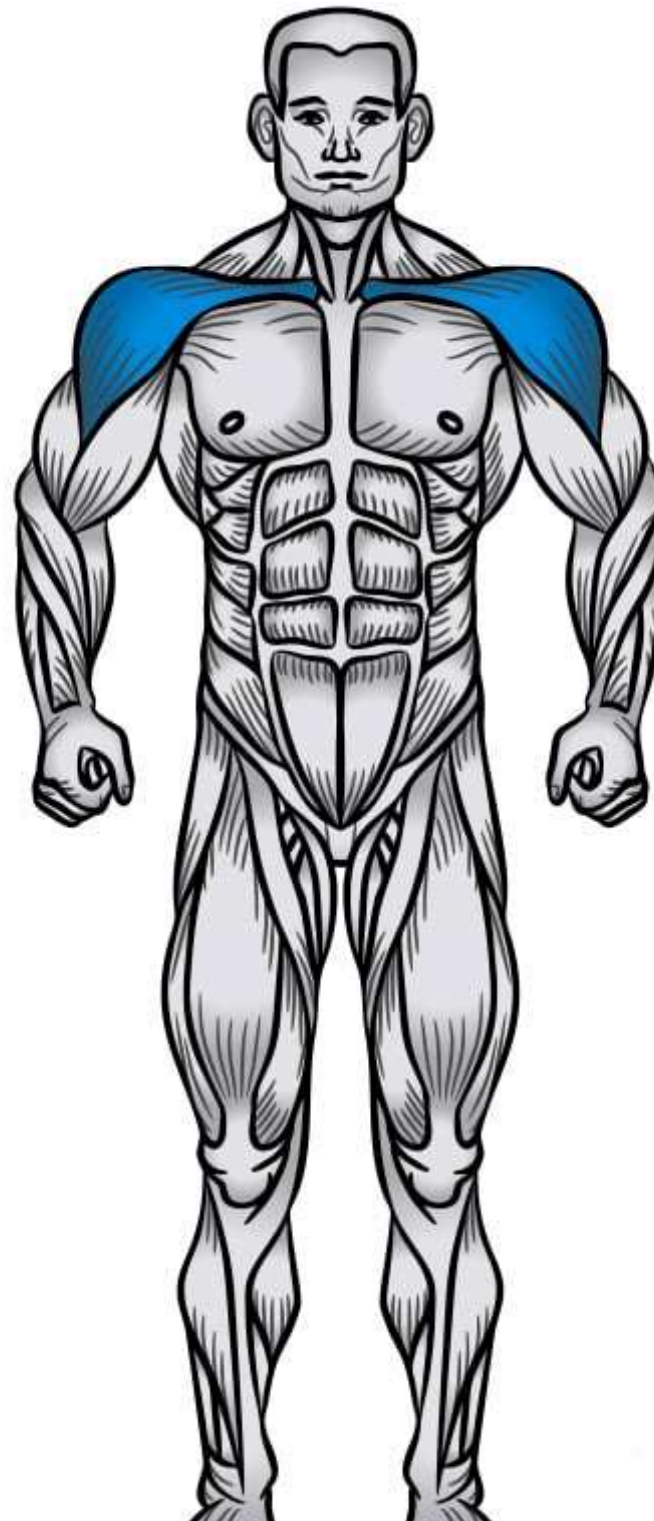
Target Muscle Group

Shoulders

Exercise Type	Strength
Equipment Required	Dumbbell
Mechanics	Compound
Force Type	Push
Experience Level	Beginner
Secondary Muscles	Triceps

TARGET MUSCLE GROUP

Shoulders





Standing Dumbbell Shoulder Press

Overview

The standing dumbbell shoulder press is a variation of the seated dumbbell shoulder press and is used to strengthen the muscles of the shoulders.

The overhead press is a foundational movement for establishing baseline strength and building a completely balanced physique.

Utilizing dumbbells as opposed to performing with a barbell will allow the individual to strengthen each side of the muscle equally.

The exercise can be included in shoulder workouts, push workouts, upper body workouts, and full body workouts.

Standing Dumbbell Shoulder Press

Instructions

1. Set up for the exercise by grabbing a pair of dumbbells and standing up with your feet around shoulder width apart.
2. Raise the dumbbells to shoulder height on each side, and rotate your palms so they are facing forward. This is the starting position for the exercise.

3. Take a deep breath then press the dumbbells overhead by extending the elbows and contracting the deltoids.
4. Slowly lower the dumbbells back to the starting position (the arms should be roughly 90 degrees or slightly lower depending upon limb lengths).
5. Repeat for the desired number of repetitions.

Standing Dumbbell Shoulder Press Tips

- Don't allow the head to jut forward excessively.
- Drive the bicep to the ear and exhale as you press.
- If you sense any pressure in your neck or traps during the movement, look to address a lack of thoracic spine extension or shoulder flexion.
- Keeping the elbows slightly bent at the top and not locking out entirely will help to keep tension on the shoulders.
- If you can't lock out the elbows overhead then it may indicate a lack of shoulder mobility due to poor scapular upward rotation.
- If you need lower back support, try modifying the movement by doing a seated dumbbell press.