

Dumbbell shoulder press



Targeted area: Your shoulder muscles.

How to do this exercise:

1. Sit or stand with a dumbbell in each hand, your palms facing forward, and your elbows out to your side at 90-degree angles.
2. Without leaning back or arching your back, press the dumbbells up over your head until your arms are almost straight.
3. Slowly return them to the starting position.