**Resistance Band Shoulder Press**

**Equipment**: Resistance Bands

* Start with a dumbbell or resistance band that lets you do 8–12 reps comfortably but not too easily.
* Increase the weight by about ½ kg (or move to the next band) every 3 months if it feels too easy.

**Instructions:**

1. Stand on the resistance band with your feet shoulder-width apart. Hold the band at shoulder height, with your palms facing forward.
2. Inhale and press the band overhead by extending your elbows and lifting through your shoulders.
3. Exhale as you slowly lower the band back to the starting position at shoulder height.
4. Repeat for the desired number of repetitions.

**Tips:**

* Maintain Good Posture: Keep your core engaged, back straight, and shoulders down throughout the exercise to avoid strain.
* Control Your Movements: Focus on slow and controlled movements, both during the press and the lowering phase, to maximize muscle engagement and prevent injury.
* Adjust Resistance: Ensure the resistance of the band is appropriate for your fitness level. If it's too easy, use a band with more resistance; if it's too difficult, switch to a lighter band.
* Breathe Properly: Remember to inhale during the press and exhale as you lower the band, maintaining a steady breathing rhythm throughout the exercise.