

# SHOULDER PRESS

## Target muscles:

- Trapezius  
(*shoulder blades*)
- Deltoids  
(*shoulders*)
- Triceps  
(*upper back of the arm*)

## Important for:

- Strengthening the shoulder
- Getting objects from high shelves
- Activities like catching and throwing

## Advanced Modifications

- Hold the movement longer;  
aim for 5-10 seconds.
- Increase the tension of the band.

## Basic Modifications

- Decrease the tension of the band.
- Do not use the band.

## Set up & starting position:

Sit on a chair or a bench, with your feet flat on the floor about shoulder width apart. Relax shoulders and maintain posture.

Position the band underneath you (sit on it, put under feet, or under chair).

Take an equal amount of the band in each hand, until you reach the desired tension.

Arms should be at ninety degrees with palms facing forward.

Take a deep breath in.

## Movement:

As you exhale, press your arms up and slightly forward.

Finish the pressing movement by bringing the thumbs toward each other.

Hold for one count. Maintain posture throughout.

Slowly return to the starting position.

## Set up



## Movement

