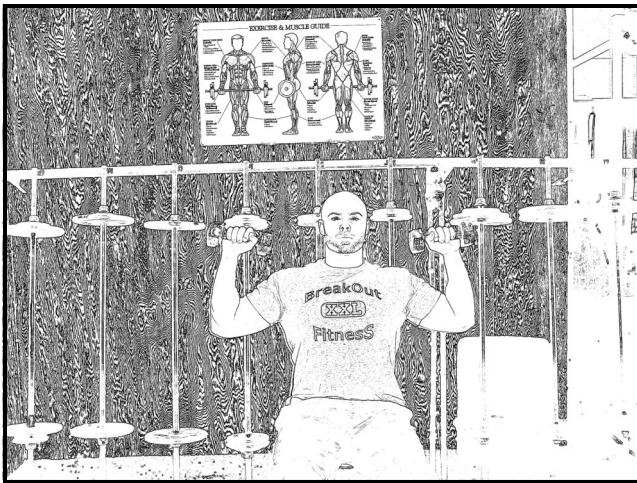


# Shoulder Press

- Always consult a physician before beginning any exercise routine.
- Drink appropriate amounts of fluid to remain hydrated-if you have any related conditions, ask your doctor how to do so properly.
- No dumbbells? A 16 oz canned good = 1 lb weight!
- Effective workout routines can be done in 30 min, 4-5 days a week.
- Walking, in appropriate footwear, at good pace can be a great way to remain active in between workouts.



Focus of exercise: Shoulder, Upper arm

Recommended to complete in sitting on a sturdy chair, keeping good posture, knees over toes with feet shoulder width apart and flat on the floor. Holding an appropriate weight in each hand, bend at the elbow to bring the weights below chin level, palms toward your body. This is the starting position. Push the weights up and twist at the wrist, touching the opposite sides of the weights together above your head. Return to the starting position, weights below chin, in a smooth and controlled movement.

Repeat for 2-3 sets of 8-15 reps.