

NOVEMBER EXERCISE OF THE MONTH

Brought to you by FitRec Personal Trainers

Dumbbell Shoulder Press

Muscles trained: Anterior and Medial Deltoid, Triceps Brachii, Pectoralis Major, Serratus Anterior

1



1

2



2

☆ **Starting position:** While sitting on an incline bench, rest each dumbbell on your thighs, using a firm grip. Keep your spine tall and in posture-neutral position. Feet flat on the ground.

1. Then raise your hands above shoulder height with the palms facing forward and elbows at a 90-degree angle.
2. While exhaling, press the dumbbells overhead and straighten your arms without locking out the elbows. Avoid hyper-extending the back in the raised position.
3. While inhaling, slowly lower the dumbbells back to the starting position. Repeat 8-10 times.

Exercise provided by: Tim Grutzius, FitRec Personal Trainer,
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For more information on Personal Training, please contact Personal Training Services at (708) 608-4496.

Please consult your doctor before attempting this exercise. If while performing this exercise, you feel pain or discomfort, then stop immediately and consult your doctor.



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