

Personal Training by Robert J. Bovee

Researched & Written by Robert J. Bovee Certified Master PPT, RTS, ETS, FTS, LMS, WMS, HWFS, SNS, SSCS, MES, E/FT, PSCS, PRCS

SHOULDER PRESS (MACHINE)

A. Emphasis. The primary muscles stressed in this movement are the shoulder muscles (deltoid). The secondary muscles stressed are the triceps and trapezius.

B. Starting Position. Sit straight up and down with your back flat against the back support. Grip the handles in the assigned position.

C. Movement. Press the handles up until your arms are extended above your head. Take **2** to **3** seconds to lower the handles down until your elbows are level with your shoulders.

D. Training Tips.

- 1) Focus on your shoulders pressing the handles up so your triceps don't do most of the work.
- 2) When performing this movement with heavy weight, be sure to sit with your back flat against the back support. This will help give the necessary support needed for the back.
- 3) Keep your feet flat on the floor to help balance your body.

E. Options.

- 1) Most shoulder press machines have at least two different positions on the handle that can be used to stress different areas of the shoulder. These two positions can also be for rehabilitation purposes.

F. Warning Tips.

- 1) **Do not** overextend your shoulders when raising the handles up above your head. Failure to do so can result in serious injury to your shoulders.
- 2) **Do not** excessively arch your back when performing this movement. Failure to do so can result in serious injury to your back.
- 3) **Do not** lower the handles any faster than **2** to **3** seconds when performing this movement. You must be control at all times during this movement. The faster you perform this movement, the less movement, the less control you will have, which in turn will increase your risk of injury.
- 4) **Do not** lower the handle any lower than when your elbows are level with your shoulders. Failure to do so can result in serious injury to your shoulders.