

EXERCISE

Dumbbell Shoulder Press

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is called the dumbbell shoulder press. It's an upper body exercise, primarily working the front head of the shoulders and the triceps.

Get your client in a sitting position with the dumbbells on their lap. But before they get going, you need to make sure that their upper back and lower back are against the pad of the bench. It doesn't matter so much that there's a little bit of an arch in the lower back, that's absolutely fine.

From here, you're going to ask your client to curl their dumbbells to the shoulders, and then from there, rotate their hands and shoulders outwards. Once they're in this position and they're comfortable, you'll ask the client to drive the dumbbells up overhead just in line with the shoulders.

Briefly pause at the top, and then smooth and controlled as they come back just in line with the shoulder.

It's important to note that the dumbbell positioning is over the shoulders and that we don't have one arm in front or one arm too far behind. When they bring their hands down over the shoulder, you might need to guide your client as they move down.

Then they press smoothly back to that overhead position.

As they're going through this movement, make sure that you change your coaching position. Particularly as the client presses overhead, sometimes we just need to make sure that the dumbbells aren't going too far behind the client, or opposite, going too far in front of the client.

So do two more for me, Dom.

And – the last one. Rest on the shoulders - bring them from there, the hands in, and then curl back down to the lap.

Main Muscles Involved

- Pectorals
- Deltoids
- Anterior Deltoid
- Triceps
- Trapezius

