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## Push Stand, Push Sit

- Set your bench on a slight incline, about 45 degrees, grab a set of dumbbells, bearing in mind you will be shoulder pressing these
- Perform an incline bench press and lower the weight to your chest
- With the weight in this position stand up, extending through the knees and hips. When standing tall have a slight bend at the knees and core engaged
- Shoulder press the weight up overhead and lower back down to the shoulders
- Next sit back down, under control and repeat.

