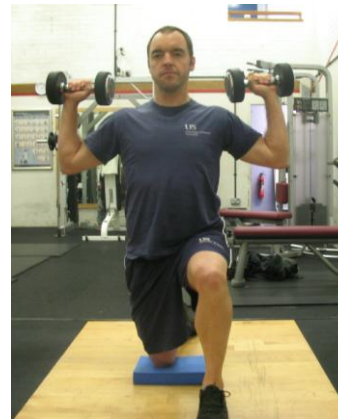


Level Four: Half Kneeling Dumbbell Press

The same as the previous exercise, yet this time adding dumbbells in to the movement.

In all dumbbell overhead presses progress through the following

- 1 arm
- 2 arm
- Alternate



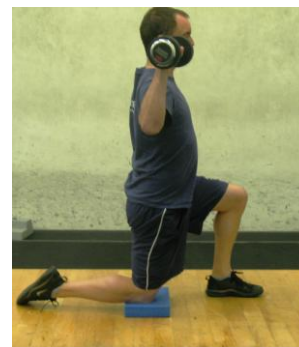
Target Muscles

Primary Muscles: anterior deltoid, triceps brachii, trapezius

Secondary Muscles: lateral deltoid, supraspinatus, transverse abdominus, rectus abdominus, erector spinae

Teaching Points

- Select a weight and place the dumbbells on the floor
- Start with one leg kneeling (look to alternate the lead leg each set) the other foot flat on the floor, 90 degree angle at the knee
- Pick up the dumbbells and place at shoulder height
- Keeping the core engaged, spine straight, head facing forwards
- Push the cables up above the head, bringing them together
- Pause and under control bring back down to the start position, leading with the elbows



Look out for: range of movement at one shoulder different to the other, arching the back, spinal alignment, moving the hips forwards / backwards to help with the lift