

## Level Two: MTS Shoulder Press

The MTS offers the user the added demand of uni-lateral which will place extra work on the torso to stabilise against rotation forces. The exercise is ideal for imbalances caused by injury or dominant one sided activity e.g. racket sports.



### Target Muscles

Primary	Muscles:
anterior	deltoid,
triceps	brachii,
trapezius	

### Secondary Muscles:

lateral	deltoid,
supraspinatus	

### Teaching Points

- Sit facing out of the machine, adjust the seat so handles are just below shoulder height
- Make sure the weight is the same for either side
- Take hold of each handle with a pronated grip, hands 1 ½ times shoulder width apart
- Keep the wrists straight, knuckle up and elbows pointing down
- Keeping the core engaged, push / extend the arms above the head stopping short of full extension
- Avoid arching the back

**Look out for:** range of movement at one shoulder different to the other, arching the back, hips not pushed back into the seat, speed of movement (one hand finishing / reaching the start before the other), head coming off seat

