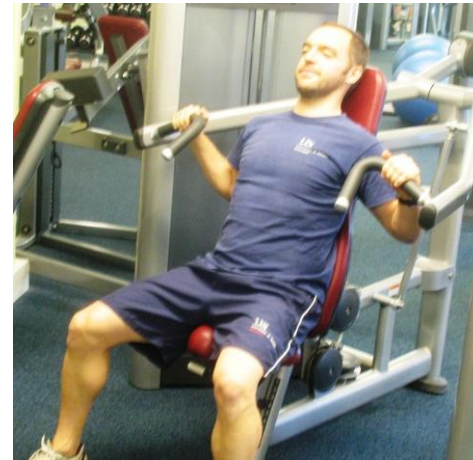


Level One: Signature Shoulder Press

The signature series seated press offer the entry user the ability to practice the correct sequence of activation i.e. setting of scapula and also if someone lacks a bit of pelvic control (poor glute strength) then we address this whilst still getting the movement strength. The increments allow for simple load progressions.



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 the handles are just below shoulder height
- Grasp the bar 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: arching the back, hips not pushed back into the seat, head coming away from seat

