

Level Five: Standing Dumbbell Press

As with the previous exercises pushing the arm up above the head, but as we are now standing this involves both pelvic control and lumbar control whilst pressing above head.

Teaching Points

- Standing upright, feet shoulder width apart
- Keep the spine straight, core engaged
- Dumbbells positioned next to the shoulders with palms facing forwards, elbows directly below the wrists
- Push the dumbbells up, avoid flexing the core, moving the head, pause at the top and return to the start
- Control the dumbbells back down to the start position

Placing one foot on the bench (bottom pictures) takes some of the strain away from the back which prevents arching

Target Muscles

Primary Muscles: anterior deltoid, triceps brachii, trapezius

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



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

