

Shoulder Press

Key Points

1. Hip-width stance
2. Hands just outside of shoulders
3. Elbows slightly in front of the bar
4. Full grip on the bar
5. Bar moves over the middle of the foot
6. Torso and legs static
7. Heels down
8. Shoulders push up into the bar
9. Complete at full arm extension



Perfect reps (10)

Spotter Responsibility:

- _____

- _____

- _____

Muscles Worked:

- _____

- _____

- _____

Coaching Cues:

- _____

- _____

- _____