

Your Exercise Routine: Overhead Shoulder Press

This next exercise is called Overhead Shoulder Raise. It is designed to strengthen the muscles of the upper arm and the shoulder muscle up in this area.

We need a tool to do this exercise. We need something with resistance, like a dumbbell, that you can purchase pretty inexpensively at a discount store, department store or a sporting goods store. You can also use objects from around the house, like cans or water bottles - anything with a little bit of weight that you can grab.

To do this exercise properly, we want to stand with our feet hip-width apart, our shoulders back and down, our belly button is in. You are going to take and position your elbows slightly forward, towards the front at about chest level. Weights are facing out.

You're going to push up overhead with a slight angle forward ... lower your elbows back down to chest level. Reach ... and push down to about chest level.

You want to make sure with this exercise that you're pushing slightly forward, not directly overhead, and that you lower the elbows only to chest level. And you want to make sure that you're not swaying. Keep nice and straight.

Like with our other exercises we're going to complete 10 repetitions, and then we're going to take a break and do another set.

Two more ... last one. Carefully lower the weight, elbows to the side.

Very good. That was awesome.