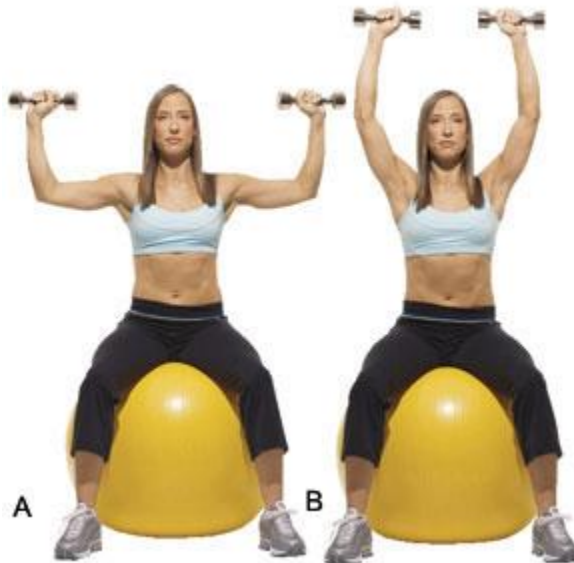


Stability Ball Shoulder Press



Description: Sit on the stability ball with your feet firmly planted on the ground. Engage your core, holding the dumbbells to the side of the head at a 90 degree angle, with your palms facing forward. Press the dumbbells upward, almost touching them at the top of the movement. Return the dumbbells to the starting position and repeat.

Sets/Reps: 2-3 sets of 10-12 reps.

Modifications: Start by doing the movement on a stable surface, like a bench, before completing it on the unstable ball.

Common Mistakes: Rounding of the back.

Target Muscles: Deltoids, Triceps, Core.

****Tip:** Set your shoulders and engage your core before starting the movement to avoid rounding of the back.

If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.

