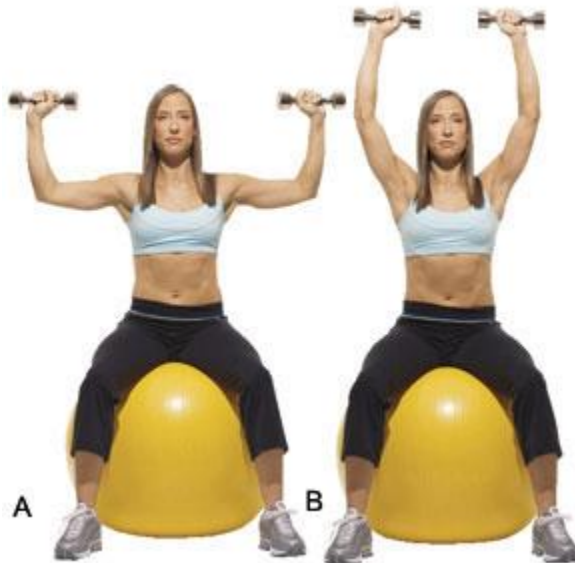


# Stability Ball Shoulder Press



**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.*