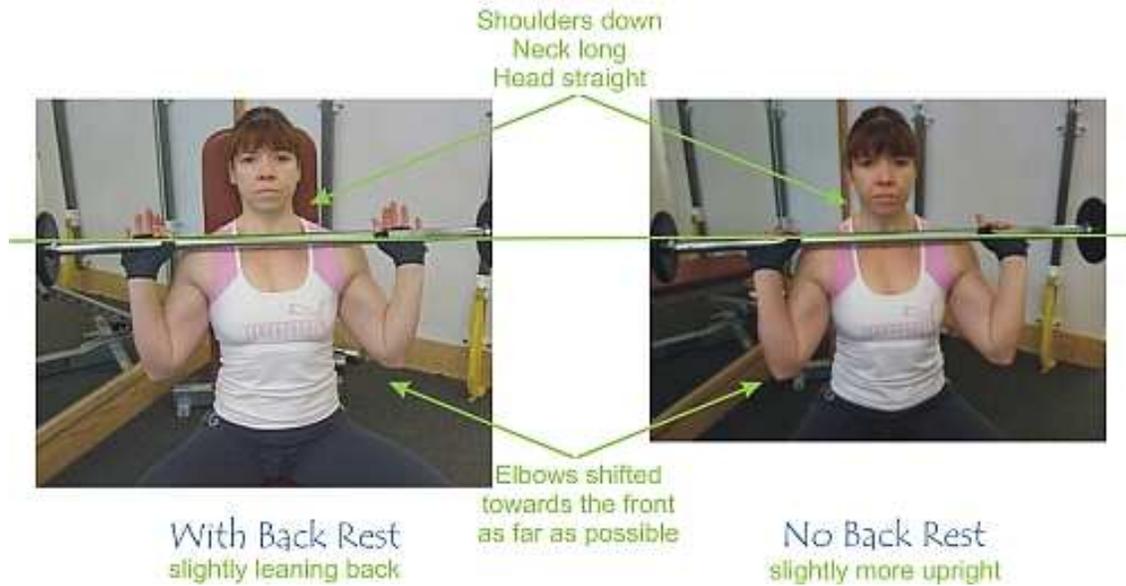


## Exercise Guide for a Glorious Look!

Deltoid Muscle - Front Head

Barbell Front Press - seated

Set Up



I see this exercise rather often done with a back rest and I have to say I don't see the benefit of it compared to the '[Dumbbell Press](#)'. The head gets in the way of the bar and has nowhere to go due to the back rest. So the bar will always have to be pushed 'forward' as well as 'up'.

This exercise is supposed to be done with heavy weights what is not possible when the weight has to be pushed away from the body and then needs catching again.



Only if the weight is small enough the arm and back muscles will be able to support the weight. There are gym machines where the seat is adjusted a bit more leaning backwards, and the bar or the weight is guided by rails or handles. That makes sense and is safe. But at the same time it is a little bit a different exercise.

The seated barbell press as well as the standing barbell press are part of the weightlifting training where the weight is either lifted in

- the 'snatch' (weight goes from the ground up above the head in one go),
- the 'clean and jerk' (weight is lifted up to the chest and then by jumping under the bar lifted above the head), or
- the 'clean and press' (lifted to the chest and then pressed up above the head). The 'barbell press' actually is the second phase of the 'clean and press' which is not an Olympic discipline anymore as it is tricky to do and hence to judge.

The movements in the weightlifting sport are different from Bodybuilding and the purpose is different. In Bodybuilding the body stays as put as possible and only the weight moves several times in order to isolate the muscle and make it tired and thus grow.

In weightlifting it is about lifting as much weight as possible only once. The weight gets yanked up to make it fly and then the weightlifter moves under the weight to catch it and move it further. Obviously the closer to the body the weight is moved the easier to get under and to catch it. It is all about using the momentum of the moving weight.

In the above picture the weight is so far to the front in order to avoid the head to be hit that it is really tricky to move it back above the head again, where it has to end up in order to be held stable.



This picture series starts at the bottom. It is a bit tricky to show as the bottom 3 pictures happen very fast, and I'm not actually very good in it as I'm not a weightlifter.

In the bottom picture I already gave the bar a push upwards.

In the setup photo I mentioned that the elbows have to point forward. This is in order to push up and not to the front. Another way of looking at it is to 'push the bar up' while 'pushing myself back' using the force of inertia of the weight.

There is the same distance between head and bar like in the above photo, but it is created differently.

- Above the weight moves forward and would fly on if I were not able to pull it back
- Here the weight flies up, and at the same time I move myself out of the way, and all I have to do is to move back as soon as the bar has passed my head. No need to pull, just guiding.

So during the next two pictures the bar basically flies guided by my arms. As soon as it is above my head I keep pushing it up the rest of the way while flipping the body forward under the bar what gives it a slight back movement, so it slips into a position above the shoulders behind the head where it is stable.

The way back works as follows:

I will flip my body back and let the weight fall, pushing the elbows forward to fold in the arms, and stretching the chest up to catch the bar. Once it has landed the head comes forward again.

As you can see: This exercise has a lot to do with throwing, flying, catching. All things which I usually mention as strictly forbidden. This exercise needs a lot of technique and I wouldn't even know the secrets of the weightlifting trade.

If you are really interested in weightlifting I would suggest for you to go to a weightlifting club and to learn it from scratch. Gym staff is not necessarily the people who would know how to do it properly, as they mainly do Bodybuilding on machines and a lot of them have very little experience with free weights altogether.