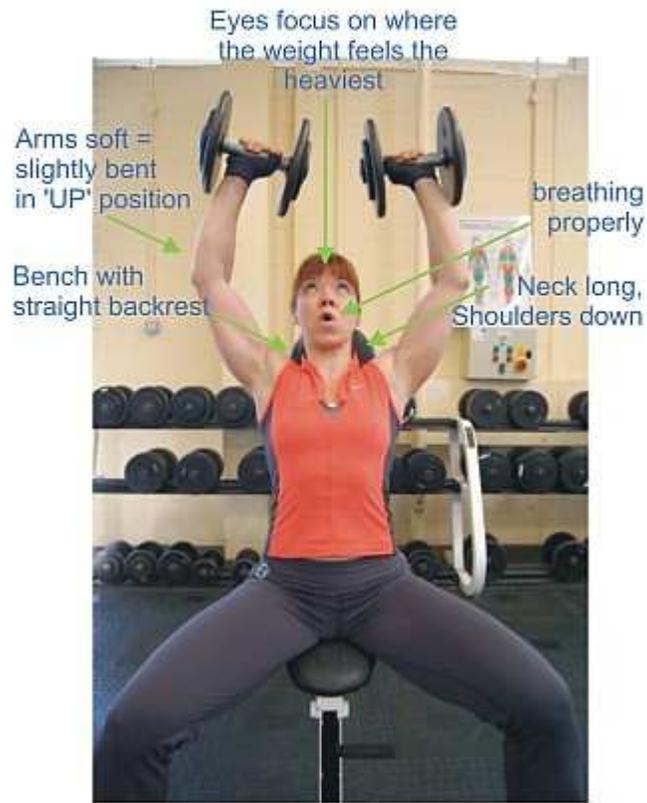


## Exercise Guide for a Glorious Look!

### Deltoid Muscle - Front Head Dumbbell Press Set Up



Strong foothold

## From Start to UP and Down again!



**Take up** your weights keeping your back nice and straight, and **sit down** on your bench resting the weight on your thighs.

**Breathe in** and lift the weight into position 'A'.

**Balance it out** until it is almost lined up as if you were holding a bar. Breathe comfortably in and out as you please until you feel comfortable and stable.

The little tilt towards the inside is okay. This is one reason why I prefer the dumbbells to 'Shoulder Press with barbell' - the wrist position is more comfortable. It needs a bit more balancing and hence you can't use as big weights, though.

**Look up** to the point in the air where you want the weight to go to (B),

**Take a deep breath in** and **press up** the weight while **breathing out** through the mouth.

- Don't lift higher than B (in fact this is almost a bit too high already)
- The idea is that the weight should hover above the shoulder (C), everything other would involve other muscles to help to get it there and you want to use the shoulders as isolated as possible.
- If you would stretch your arm straight up like in 'D' you would have the weight above the shoulder as well, but it would be resting comfortably there. In Shoulder-Arm-Weight setup 'C' the centre of gravity is not above the shoulder, but a bit outside. So there is still balancing work to do and the shoulder has to keep the tension. In setup 'D' the centre of gravity would be above the shoulder and the whole thing would be nicely balanced, giving the shoulder a rest - what we don't want to happen.

That counts as 1 repetition.

**Breathe in** through the nose while bringing the weight **back down**. Do this very controlled and don't let the weight 'fall'. **Keep the tension** even in the down position and then **press up** again while **breathing out** through the mouth, counting the next repetition.