Dumbbell French Press

Select dumbbell. Carefully lift the dumbbell overhead and hold the head of the dumbbell as shown above. Bent your knees and tuck your tail bone under slightly to minimize the curve in your lower back. Keep your elbows close to your ears.

Inhale and slowly lower the dumbbell until your forearms are parallel to the floor. Exhale and press the dumbbell back up to the starting position.