Dumbbell Shoulder Press

Deltoids
(Shoulders)

Select dumbbells. Stand with feet hip distance apart or with staggered feet. Alternatively, this exercise can be performed in a seated position with a back support. Place the dumbbells in line with your chin and turn your palms to face forward. Keep your knees slightly bent and your tailbone tucked under to minimize the curve of your lower back.

Triceps

Exhale and press the dumbbells over your shoulders. Straighten but do not lock your elbows. Inhale and slowly return the dumbbells back to their starting position.