



Exercise of the week Arnold Press

This is a great alternative exercise to the shoulder press which really isolates the deltoids. Start off with a light weight until you have mastered the technique.

Step One: Place a bench in an upright position as you would for a normal shoulder press. Take a seat with your back flat against the pad, head up, feet shoulder width apart.

Step Two: The difference between this and a normal shoulder press is the starting position of the dumb bell. Start by curling the dumb bells up in front of the body. From here lift your elbows up so that the dumbbells are in line with the shoulders, elbows bent and both palms facing towards the body.

Step Three: From here you press the dumb bells up and rotate them so that the weights meet above your head with your palms now facing forwards. The arms should be extended without locking out your elbows.

Step Four: To complete the movement return the dumb bells down in front of your face rotating them back to how they were and that is one repetition completed.

