EXERCISES OF THE MONTH

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--- Basic ---

Press (Barbell)

Starting Position
- Known also as the Shoulder Press or Military Press. Athlete stands with the barbell on the floor, grasps the bar with the palms facing toward the body (pronated), about shoulder width apart.
- The bar is brought to the chest with a power clean motion.
- Alternatively, take the bar from the squat racks.
- Place the feet on line approximately shoulder width apart or slightly wider.

The Lift
- Press the bar overhead using only the arms and shoulders.
- Drive the bar upward until the elbows are fully straightened.
- Try to raise the bar as straight as possible. A temporary slight lean backward of the head is acceptable as the bar passes close to the face.
- To complete the repetition, lower the bar slowly to the shoulders.
- Inhale prior to the first lift, exhale as the bar is raised.
- Inhale while lowering successive repetitions. Do not hold the breath for prolonged periods as this may cause black-out.

Muscles Worked
Deltoids, triceps, trunk, and lower body stabilizers

Important Safety Notes
Ensure that the athlete has adequate room to do his or her pressing. If at all possible, perform this lift in an area designated for overhead lifting. For beginners, spotters may be used at each end of the barbell to ensure that the lifter does not lose balance.

As the athlete becomes more accustomed to overhead lifting, he/she should learn the proper way to miss a lift and let the barbell fall safely to the platform.
— Advanced —

Bent Arm Pullover With Triceps Extension

Starting Position
- Lie supine on a flat bench with the head and shoulders at an end without standards.
- Extend the arms upward to receive a barbell handled by a spotter.
- Grasp the barbell with an overhand (pronated) grip, placing the hands approximately 6 to 8 inches apart.

The Lift
- Bend the elbows and lower the barbell toward the forehead.
- Move the bar over the top of the head and lower it beyond the end of the bench to the lowest position available without discomfort.
- Return the barbell to the starting position by reversing the two-phase motion.
- Lift the barbell to just above the head with an upward and forward rotational motion of the shoulder girdle.
- This pullover phase ends when the upper arms are approximately vertical.
- The second phase of the lift involves extending the elbows until the barbell returns to its starting position.

Muscles Worked
Triceps, latissimus dorsi, shoulder rotators

Exercise Variation
A straight bar or a cambered bar may be used for this exercise.

Drawings by Jim Seward.