Seated Dumbbell Press and Push Press

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--- Basic ---

Seated Dumbbell Press

Starting Position
- Position the dumbbells on either side of a bench, ready to lift to a position on the shoulders or have spotters ready to hand off to the lifter.
- Grasp the dumbbells with a closed, pronated grip.
- After the dumbbells are at the shoulders, assume a starting position with the torso held erect.

The Exercise
- Push both dumbbells straight up until the elbows are extended.
- Keep the back flat and avoid backward lean.
- Lower both dumbbells to the shoulders in a controlled manner.
- Repeat the movement.
- Exhale while raising the weights, inhale while lowering.

Muscles Used
Anterior deltoid, triceps.

Variations
Weights may be pressed in an alternate fashion.

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Push Press

**Starting Position**
- From a starting position in the squat rack, grasp the bar with an overhand (pronated) grip, slightly wider than shoulder width.
- Position the bar across the anterior deltoid, elbows elevated slightly.
- With eyes focused straight ahead, chest expanded, back tight and slightly arched, lift barbell from rack and step backward 1 or 2 steps.
- Position feet approximately shoulder width apart with toes pointed straight or slightly outward.

**The Exercise**
- Bend the knees, hips, and ankles, lowering the body about 4 inches.
- Keep the torso straight and rigid throughout.
- At the bottom of the dip phase, drive straight up by extending the legs (a quick stop precedes the drive upward).
- Add to the leg drive by pushing the bar to arms' length overhead.
- Carefully lower the barbell back to the shoulders.
- Inhale during the dip phase, exhale while pushing the bar upward.

**Muscles Used**
Deltoids, triceps, leg and hip extensors.

**Variations**
This exercise may be performed with the barbell on the back of the shoulders, or with dumbbells.

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Note: This exercise differs from the Power Jerk in that the knees do not rebend after the upward drive of the bar off the shoulders. ▲

Drawings by
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