Standing overhead press

Muscles strengthened:
Triceps, deltoids, pectoral muscles, trapezius, and serratus anterior.

Activities muscles are utilized for:
These muscles are used by the upper body in most pushing or extending movements. Examples are breast stroke, canoeing, shot put, bar work in gymnastics, pole vaulting, tennis, archery, batting, fencing thrust, golf swing, handball, passing a football and basketball, and hand shoves in football.

Starting position:
Stand erect with the feet shoulder width apart. The head is up with the eyes facing straight ahead. The bar rests at the top of the chest and a palms-up grip is used.

Action:
Push the bar overhead until the arms are fully extended. Lower the bar to the starting position.

Precautions:
Keep the head up and the back straight. Do not bend the knees to assist the upper body muscles in the movement.

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Figure 1. Rest the bar at the chest, using a palms-up grip.

Figure 2. Push the bar overhead until the arms are fully extended.