

## Dumbbell Shoulder Press

Add this exercise to your 12" to knuckle lift training program to prepare for the overhead lift portion of the work ready assessment (only ski patrol needs to complete this lift). This exercise can also be completed for anyone looking to build up strength in their shoulders. Start with one set of 10 and work your way up to 3 sets of 10. Remember if you don't have dumbbells you can always substitute with water bottles (1 liter = 2.2 lbs and 1 gallon = ~8 lbs)



Follow these steps to perform the exercise above:

1. Hold a dumbbell in each hand and plant your feet firmly on the floor about hip-width apart.
2. Bend your elbows and raise your upper arms to shoulder height so the dumbbells are at ear level.
3. Pull your abdominals in or think about tucking your tailbone under to stabilize the core.
4. Push the dumbbells up and in until the ends of the dumbbells touch lightly, directly over your head, and then lower the dumbbells back to ear level.