

Muscle Strengthening at Home (Overhead Press)

(Dave Patania)

The overhead press builds muscle in your arms, upper back, and shoulders, and can help firm the back of your upper arms.

Stand or sit with your feet shoulder-width apart, with a dumbbell in each hand.

Raise your hands, with your palms facing forward and your wrists straight until the dumbbells are level with your shoulders and parallel to the floor.

Then push the dumbbells up and over your head until your arms are fully extended, making sure not to lock your elbows.

Be careful not to let the dumbbells move too far in front of your body or behind it. Pause, then lower the dumbbells back to shoulder level, bringing your elbows down, close to your sides.