



Overhead Press Tutorial

1. Stand with feet shoulder width apart with weight in the mid-foot and heels
2. Hold the bar in the “rack” position with hands just outside of the shoulders
3. Keep the chest up with the core engaged and the ribs pushed down. The elbows should be below and in front of the bar
4. Press the bar straight up. The head should move slightly back as you press the bar overhead. Return the head to neutral position when the bar is overhead.
5. Arms should be fully extended at the top with stable shoulders
6. Return the bar back down to the “rack” position following the same path

