Muscle Group: Shoulders

Machine Exercise: Machine Shoulder Press

- Pull out the handle for adjustment of the weight.
- Pull the handle to adjust the pulley at its lowest point.
- Change the handles at the end of the cable. Choose single-handed handles.

- Stand in front of the machine with the hands aligned with the shoulders pointing upwards.
- Push the handles upwards using the shoulder muscles. Keep the arms a bit bent at the end.