

Monthly Health Challenge - Standing Dumbbell Press

Would you like to work and strengthen your shoulder and triceps muscles? You can start with the standing dumbbell press to enhance shoulder muscles. As you perform this dumbbell challenge, your shoulders and triceps will get stronger enabling you to lift heavier weights and build muscle.

How to perform the perfect standing dumbbell:

1. Standing with your feet shoulder width apart, take a dumbbell in each hand. Raise the dumbbells to head height, the elbows out and about 90 degrees. This will be your starting position.
2. Maintaining strict technique with no leg drive or leaning back, extend through the elbow to raise the weights together directly above your head.
3. Pause, and slowly return the weight to the starting position.



*If you don't own dumbbells, a full water bottle or a can of soup are good substitute for weights.

For beginners, follow the Easy Track (E), but if you're looking for a more difficult track, follow the Challenging Track (C).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 (E) 2 reps of 5 (C) 2 reps of 10	2 (E) 2 reps of 7 (C) 2 reps of 12	3 (E) 2 reps of 9 (C) 2 reps of 14	4 (E) 2 reps of 11 (C) 2 reps of 16	5 (E) 2 reps of 13 (C) 2 reps of 18	6 (E) Rest (C) Rest	7 (E) 2 reps of 18 (C) 2 reps of 20
8 (E) 3 reps of 5 (C) 3 reps of 10	9 (E) 3 reps of 7 (C) 3 reps of 12	10 (E) 3 reps of 9 (C) 3 reps of 14	11 (E) 3 reps of 11 (C) 3 reps of 16	12 (E) 3 reps of 13 (C) 3 reps of 18	13 (E) Rest (C) Rest	14 (E) 3 reps of 18 (C) 3 reps of 30
15 (E) 4 reps of 5 (C) 4 reps of 10	16 (E) 4 reps of 7 (C) 4 reps of 12	17 (E) 4 reps of 9 (C) 4 reps of 14	18 (E) 4 reps of 11 (C) 4 reps of 16	19 (E) 4 reps of 13 (C) 4 reps of 18	20 (E) Rest (C) Rest	21 (E) 4 reps of 18 (C) 4 reps of 30
22 (E) 5 reps of 5 (C) 5 reps of 10	23 (E) 5 reps of 7 (C) 5 reps of 12	24 (E) 5 reps of 9 (C) 5 reps of 14	25 (E) 5 reps of 11 (C) 5 reps of 16	26 (E) 5 reps of 13 (C) 5 reps of 18	27 (E) Rest (C) Rest	28 (E) 5 reps of 18 (C) 5 reps of 30
29 (E) 6 reps of 5 (C) 6 reps of 10	30 (E) 6 reps of 7 (C) 6 reps of 12	31 (E) 6 reps of 9 (C) 6 reps of 14				

Source: <http://www.bodybuilding.com/exercises/detail/view/name/standing-dumbbell-press->