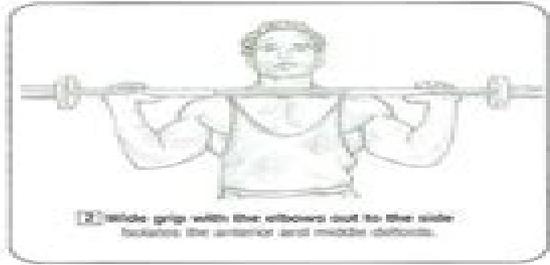
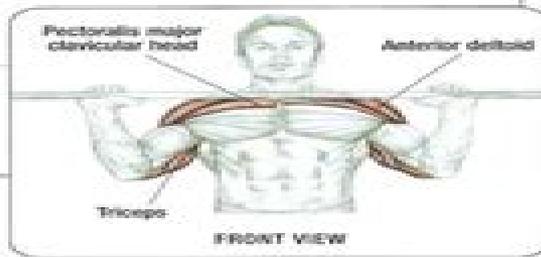
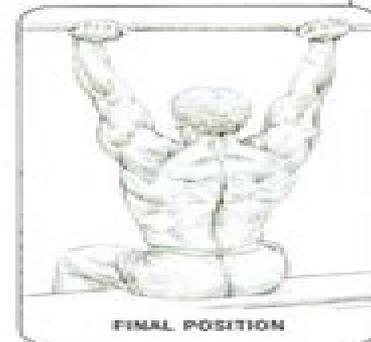
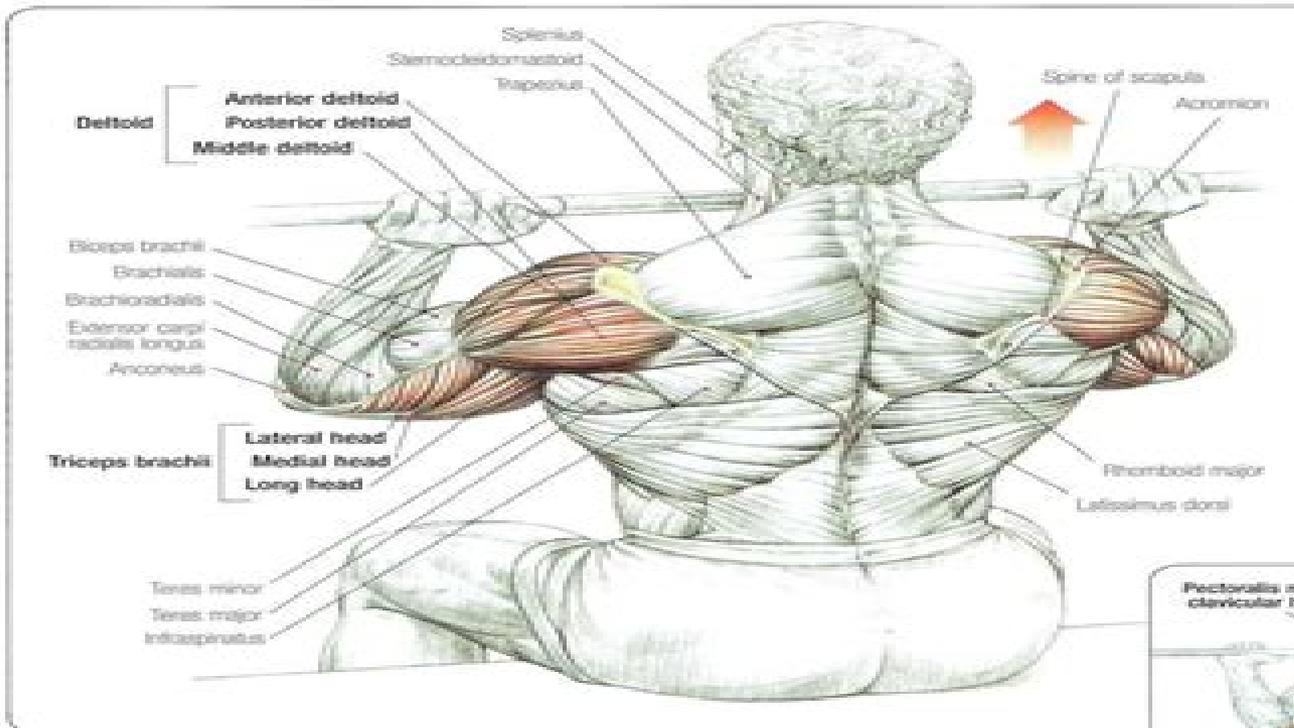
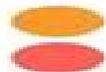


SEATED FRONT PRESSES

2



Sit with the back straight and hold the bar with an overhand grip, resting it across the upper chest.

- Inhale and extend the bar vertically.
- Exhale at the end of the movement.

This fundamental exercise mainly uses the anterior and lateral deltoids, clavicular head of the pectoralis major, triceps brachii, serratus anterior, trapezius and, deeper in, the supraspinatus.

You can also perform this exercise standing, as long as you keep the back straight, avoiding excessive curvature of the lumbar spine. Extending the barbell with the elbows forward isolates the anterior deltoid. Extending the bar with the elbows spread apart isolates the middle deltoid. You can use various machines for this exercise.

Strength Training Anatomy

JR Anderson



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