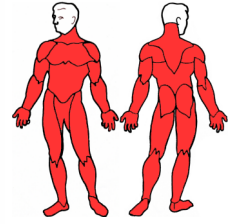


Deep squat shoulder press 00378



Tips

Start with the dumbbells in the shoulder carry position with the feet shoulder width or slightly wider apart.

Descend to a full squat & simultaneously press the dumbbells above the head then reverse the movements back to the start position. Keep the knees aligned with the feet & the feet flat on the floor.

If you have tight shoulders or a stiff thoracic spine it may be difficult to press the dumbbells above the head safely &

Cautions

Maintain neutral curves in the spine throughout all phases of the squat.

Do not allow the torso to sway forward or backward.

Prime Movers

[Gluteus maximus](#)
[Deltoid-anterior](#)
[Deltoid-middle](#)
[Triceps brachii](#)

[Rectus femoris](#)
[Vastus intermedius](#)
[Biceps femoris](#)
[Semimembranosus](#)

Related Exercises

[Deep squat shoulder press 00361](#)
[Deep squat shoulder press 05106](#)

Disclaimer

No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.