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INSTRUCTIONS

BANDED SHOULDER PRESS

CATEGORIES: Power, Strength, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/banded-shoulder-press/>

Arms

Shoulders

Upper Body



Steps::

- With a band outside of your palms, lift your hands to shoulder height.
- Gently press arms above your head keeping tension on the band.
- Lower your hands back down to shoulders

Repetitions:

Repeat 12-20 times or for 60 seconds if you're doing a circuit.