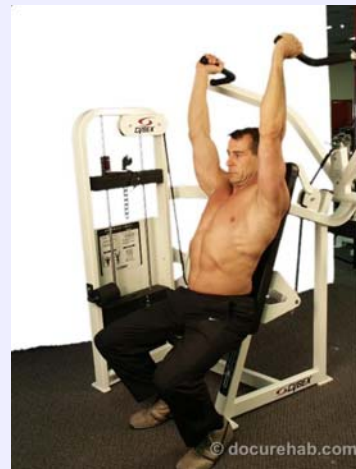


vertical shoulder press

005



Sit on the bench that you adjust so the handles are beneath your shoulders. Press up over your head . EXHALE on the way up, and INHALE on the way down