

# Anchor Overhead Shoulder Press With Bands

Area Targeted: Front/Side Shoulder



**FIND THIS EXERCISE ON YOUTUBE:** <https://www.youtube.com/watch?v=0X3WjDaubpg>

## INSTRUCTIONS:

### SET UP:

**Anchor:** Secure the band(s) to the door with the door anchor at the bottom of the door.

**Bands:** Attach each end of the band(s) to a handle.

**Body Positioning:** Grip a handle in each hand and stand close to the door, facing the door. With the bands in front of your arms and palms facing the door, bring your arms up to goal post position. Your upper arms should be parallel, and forearms perpendicular with the floor. Keep your back straight, head straight and chest up.

### MOVEMENT:

Press your hands over your head until your arms are almost fully straight. Return to the starting position (controlling the resistance). Repeat.

### POINTS TO REMEMBER:

1. Grip the handles lightly as you press your hands up.