

## Shoulder Exercises

Every bodybuilder seeks to develop their shoulders. Heck, even a lot of people who hardly consider themselves to be into weight training would like to have bigger, stronger shoulders to fill out their clothes better or just look better at the beach this summer (it's almost upon us, you know).

Well, to help all of you out with this, I've provided a few shoulder exercises to try out which will soon have you on your way to bigger, stronger, more defined shoulders.

Two kinds of shoulder exercises are most common; the press and the raise. I will be writing about the raise in future articles so be sure to keep checking back in. The presses are wonderful exercises for the shoulders which primarily work the triceps, but involve other muscles as well.

### Sitting or Standing Military Press:

This can be done sitting or standing but for beginner's I'd recommend you start with sitting on a bench that has good back support.

Sitting or standing, use an overhand grip to grasp barbell. Hold it at shoulder height; hands slightly farther apart than your shoulders. Slowly raise the barbell up until your arms are as far up as they can go without straining. Slowly lower the dumbbell to shoulder height and repeat.

### Dumbbell Press-Seated:

This one is a lot like the Military Press, but is done with dumbbells instead. This press targets the front and side deltoids, unlike many press exercises ? so consider mixing it up with these presses!

This exercise will also train your sense of balance, but remember to start this one off with a little less weight than you would normally use.

Sitting on your bench, take a dumbbell in both hands. With palms facing outward and holding the dumbbells at shoulder height, press both dumbbells up slowly until your arms are locked out. Slowly lower the dumbbell to shoulder height and repeat.

These are a couple the many presses you can do to build stronger, bigger shoulders. Hopefully these will cause you to seek out other press exercises. Until next time, maybe I'll see you at the gym! Of course, I will be adding more in my writings at a later date. Keep working out and I'll see you soon at the gym!

## About the Author

About the Fitness expert: Caleb Lee will teach you a lot about [building muscle](#). His website will show you how to [build muscle fast](#).

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