

Standing Dumbbell Shoulder Press

Standing / bilateral dumbbells / shoulders

Stand steadily and press both dumbbells overhead from shoulder height.



Start / Elbows slightly forward, wrists stacked over forearms.

Main target: deltoids

The anterior and middle portions help elevate the upper arms. This does not completely isolate a single deltoid portion.

Assistance: triceps

The triceps extend the elbows to assist the press. Shoulder movement and elbow extension work together.

How it works

Control each weight independently. The trunk and glutes support standing posture; the legs do not drive the press.

Setup and grip

Plant the feet about shoulder-width apart and soften the knees. Hold the handles at shoulder-to-ear height, elbows slightly forward. Stack wrists over forearms and keep ribs over pelvis.

Serratus anterior and trapezius assist scapular upward rotation. The rotator cuff supports shoulder stability; trunk muscles steady posture. Allow natural scapular movement.

Set, press, return

Standing Dumbbell Shoulder Press



1 Set at shoulder height

Keep a closed grip and support the weights over the forearms. Look ahead, brace the abdomen and keep the feet planted.

2 Press smoothly

Exhale as both weights rise overhead. Avoid a knee dip, hip drive or leaning back to lift them.

3 Control the top

Extend the elbows comfortably with the weights above the shoulders. Do not snap the joints or strike the dumbbells together.

4 Return to the same start

Inhale and lower slowly to shoulder-to-ear height. Maintain grip, wrist alignment and posture to complete the repetition.

Overhead / Keep feet and torso steady without excessive back arch.

Technique checks

- Keep elbows slightly forward, wrists aligned and both weights controlled.
- Keep ribs over pelvis without leg drive or a strong back arch.
- Allow natural scapular movement and control both directions.

Start with a manageable load. Stop for pain or instability and use a comfortable range. Set up safely and lower the weights under control when finished.

References

1. PureGym standing dumbbell press - [puregym.com / dumbbell-shoulder-press](https://puregym.com/dumbbell-shoulder-press)
2. Shoulder-press EMG study - PubMed 23096062
3. Scapular upward rotation: Seth et al. - PubMed 31780916
4. Rotator-cuff role: AAOS OrthoInfo - [orthoinfo.org / rotator-cuff](https://orthoinfo.org/rotator-cuff)
5. Core EMG in standing presses - PubMed 21877146

Model reference: A.png / The same images are used in both languages.