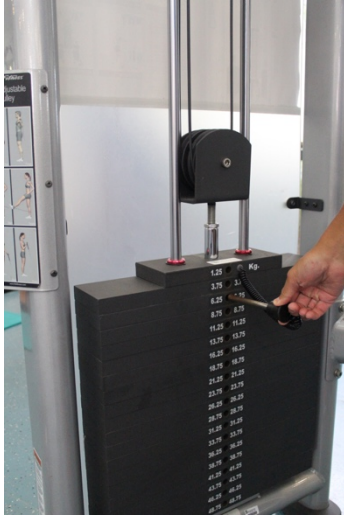




## Muscle Group: Shoulders

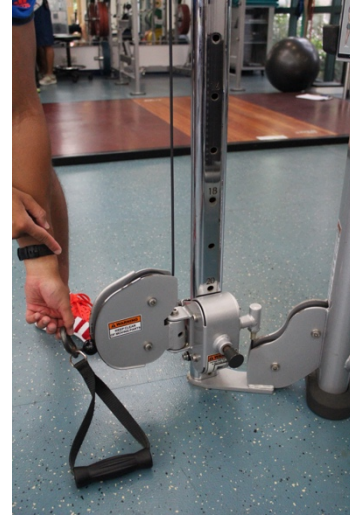
### Machine Exercise: Machine Shoulder Press



Pull out the handle for adjustment of the weight.



Pull the handle to adjust the pulley to align with shoulders.



Change the handles at the end of the cable. Choose single-handed handles.



Stand in front of the machine with the hands aligned with the shoulders pointing upwards.



Push the handles upwards using the shoulder muscles. Keep the arms a bit bent at the end.