

What is a Shoulder Press ?

The **press, overhead press** or **shoulder press** is a [weight training](#) exercise which focuses on the development of the shoulders. The lift is performed standing, by pressing the weight from the anterior deltoids overhead until the arms are extended.

Shoulder Press - Model LB/102



**For the total development of the anterior and posterior shoulder muscles.
Adjustable handle position to accommodate various height requirements.**

Legend Industrial Gym Equipment Port Elizabeth.

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