



Technical Lifting Class
Overhead Press

By

Dave Brockway

Test Of Strength

Since the victorian times the overhead press has been used as a test of strength. One of them exercises that you can either do or you can't in my opinion. I suppose every exercise has that element to it but the overhead press is a pretty honest exercise.

The exercise requires incredible Deltoid (Shoulder) strength. Although this exercise primarily uses the Deltoids this exercise also requires if performed properly Glute, Quad, Abdominal, Latissimus Dorsi, Triceps & Biceps.



Mobility & Dynamic Warm Up

Banded Face Pulls
Banded Scapular Retractors
Banded Broom Handle Stretch
Press Ups
Crawl Outs
Lower Back Kneeling Stretch

Full Range Of Motion (ROM)

I can't stress this enough and I know it's something I seem to harp on about is **ROM**. **Full range of motion** equals full benefit of the exercise. Having said that what happens if during the strength curve there are weak points limiting your ROM. This is where partial range of motion through the weak area can benefit getting stronger. When performing the exercise you should lock at the top of the **strength curve** (Unless stated otherwise when chasing Hypertrophy) and stop at the bottom when the bar or dumbbells are at shoulder or below height.



Setting Up the Overhead Press

Before initiating the movement through the deltoid lets look at creating points of torque. Building a firm base for the lift is the difference between a good and bad lift. Starting at the feet they must maintain 3 Point contact on feet keeping the big toe, little toe and heel in contact with the floor. Then flex the **Quads and Glutes** hard. This maintains a firm base especially when performing a strict press. This torque through the legs should be maintained even during a **Push Press** also. The next thing you want to do is tighten the **Core** as hard as you can to maintain spinal alignment. One of the main injuries I see in the **Overhead Press** is **low back** issues from arching this area. Keep The arms tight into the side and flex the **Lats**. **Put the hands on the bar with the thumb next to or as close to the Shoulders as possible**. Sometime you may have to come wider if you have mobility issues or your **elbows don't sit directly below the hands**. Keep the **Neck neutral** and **Chin back**.

Initiating the Overhead Press

Keeping everything tight from the set up **drive the weight up as aggressively as possible**. As you pass the forehead tighten **Triceps** and **Push your head through**. This will keep the bar over **mid-foot**. You've probably all notices that pretty much every exercise keeps the centre of gravity over **mid-foot**. Lock out at the top then squeeze the Triceps as you slowly bring the weight back to the start position.



Overhead Press Variations

Military Press
Seated Press
Behind-the Neck Press
Bandford Press
Arnold Press (Invented by Arnold Schwarzenegger)
One Handed or Circus Press
Push Press
Olympic Press
Savickas Press

There are probably others but these are the ones I could remember.

