

## Try Something New

### Side Lying Dumbbell Shoulder Press



- Lie on your side on a Swiss ball with your middle to lower torso supported,
  - place bottom foot firmly against a sturdy support (wall) and your top foot in front with both legs straight
  - contract abdominals so your body forms a straight line from head to heels
  - hold a dumbbell in top hand, with your elbow bent and palm facing towards your head and aligned with your shoulder
- Draw shoulder blades down and together then press dumbbell directly overhead, following the same line as your torso, keeping shoulders relaxed and away from your ears.
- Slowly bend elbow, lowering weight to starting position

