



# Sitzend Kurzhantel Drücken

## Nährstoffe

EXERCISE.DIFFICULTY	beginner
EXERCISE.KCAL_HOUR	0 kcal/h
EXERCISE.MUSCLES	Schultern, Trizeps
EXERCISE.EQUIPMENT	Kurzhantel

## Rezept Zubereitungsschritte

- Grab a couple of dumbbells and sit on a military press bench or a utility bench that has a back support on it as you place the dumbbells upright on top of your thighs.
- Clean the dumbbells up one at a time by using your thighs to bring the dumbbells up to shoulder height at each side.

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- Rotate the wrists so that the palms of your hands are facing forward. This is your starting position.
- As you exhale, push the dumbbells up until they touch at the top.



- 5 After a second pause, slowly come down back to the starting position as you inhale.
- 6 Repeat for the recommended amount of repetitions.

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*Die in diesem Dokument enthaltenen Informationen dienen nur zu Bildungszwecken und ersetzen keine medizinische Beratung.*

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