



FRF Exercise- ½ Kneeling DB Press



Exercise overview: The single-arm half-kneeling shoulder press is a great exercise to develop strength and stability in the shoulder core and hips. Balance can be a challenge, which is one reason why this movement is generally trained lighter than a traditional shoulder press.

Muscle Groups Involved: Core, shoulders, triceps, and hips

Coaching Tips: Grab a dumbbell or a kettlebell and drop down to a half-kneeling position on the floor. Your right knee should be down, and your left knee up; take the weight with your right hand. Move the DB or KB to your shoulder, using both hands if necessary. Keep your head up, shoulders back, and your spine neutral. Extend the arm, flexing and abducting the shoulder to rotate the arm as you press above your head. Pause at the top of the motion before reversing the movement to return to the starting position. Watch your posture and maintain control through the entire rep. It is important NOT to let your back arch at any time during the movement. If you have any shoulder impingement, restrict the motion to accommodate or find an alternative exercise. Repeat as directed by your [FRF workout](#) and your level of fitness. Perform each rep with control.

[Click here for a video demonstration of this exercise](#)