

**Pike Shoulder Press**

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- While facing the floor with your hands about shoulder width apart, place your feet on a stable raised object such as a chair.
- Walk your hands back toward your feet so your hips are elevated. The further away your hands are from your feet, the less emphasis on the shoulders you will feel.
- Your upper body should be nearly vertical over your hands.
- With your elbows pointed away from your body, bend your elbows and lower your body towards the floor.
- Push back to the start position and repeat as desired.
- Your fingers should be pointing away from your feet, fingers spread wide for stability.
  
- To get the most out of your workout, aim for 1-3 sets of 8-12 repetitions.

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**Disclaimer:**

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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