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# FreeMotion Shoulder Exercises

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**Seated Two Arm Shoulder Press**

TRADITIONAL



**Seated Alternating Arms Shoulder Press**

PROGRESSIONS



**Seated One Arm Shoulder Press**



**Seated Back Off Pad Two Arm Shoulder Press**



**Seated Back Off Pad Alternating Arms Shoulder Press**



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# FreeMotion Shoulder Exercises

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**Seated Back Off Pad One Arm Shoulder Press**



**Standing Split Stance One Arm Shoulder Press**



**Standing Alternating Arms Shoulder Press Facing Out**



**Standing One Arm Shoulder Press Facing Out**



**Split Stance Alternating Arms Shoulder Press Facing Out**



# FreeMotion Shoulder Exercises

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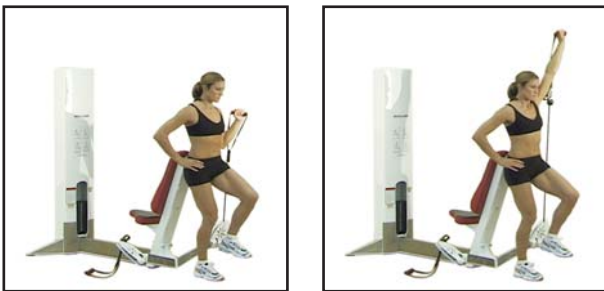
**Split Stance One Arm Shoulder Press Facing Out**



**Single Leg Alternating Arms Shoulder Press Facing Out**



**Single Leg One Arm Shoulder Press Facing Out**



**Single Leg Dyna-disk Alternating Arms Shoulder Press Facing Out**



**Single Leg Dyna-disk One Arm Shoulder Press Facing Out**

