



## How many over head press can you complete in 1 minute?

### Equipment Needed:

- Timer
- weights

### Rules:

- Stand with weights in your hands and your elbows bent. Your hands should be at shoulder height with your palms (inside of your hands) facing forward. This will look like a field goal made by your body. It is important that your elbows are at the same height as your shoulders.
- Slowly push the weights over your head until your arms are straight.
- Lower the weights back down to the starting position ensuring that your elbows are back in line with your shoulders.



### Modifications:

- This can be done seated or standing