



LIMITLESS

Optimal Overhead Pressing

What All Trainers and Clients Need to Know

PRESENTED BY

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What All Trainers and Clients Need to Know



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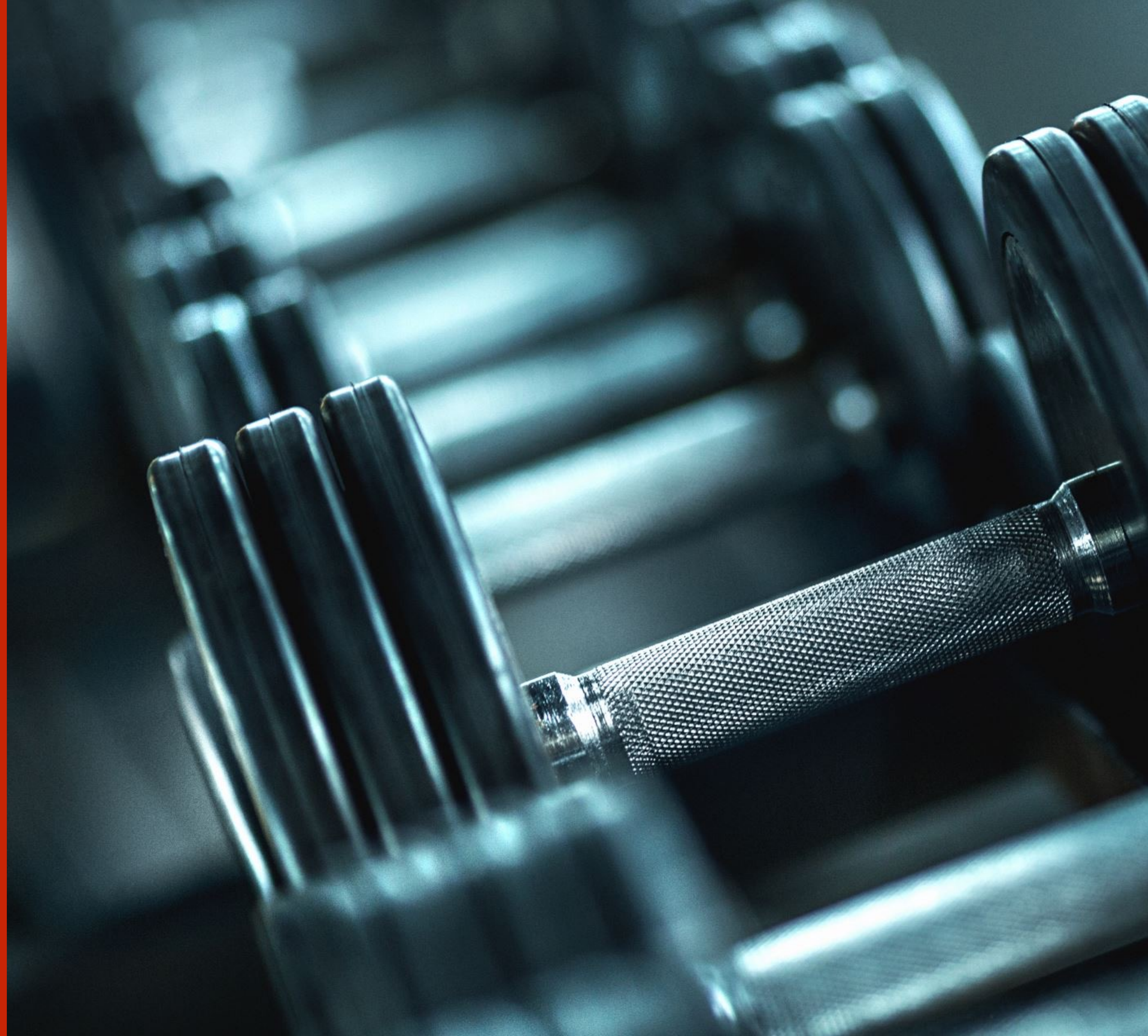
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Overhead Pressing Terms

- Military Press
- Overhead Press
- Shoulder Press
- Push Press
- Vertical Press
- Standing/Seated



Optimal
Overhead
Pressing: What
All Trainers and
Clients Need to
Know!

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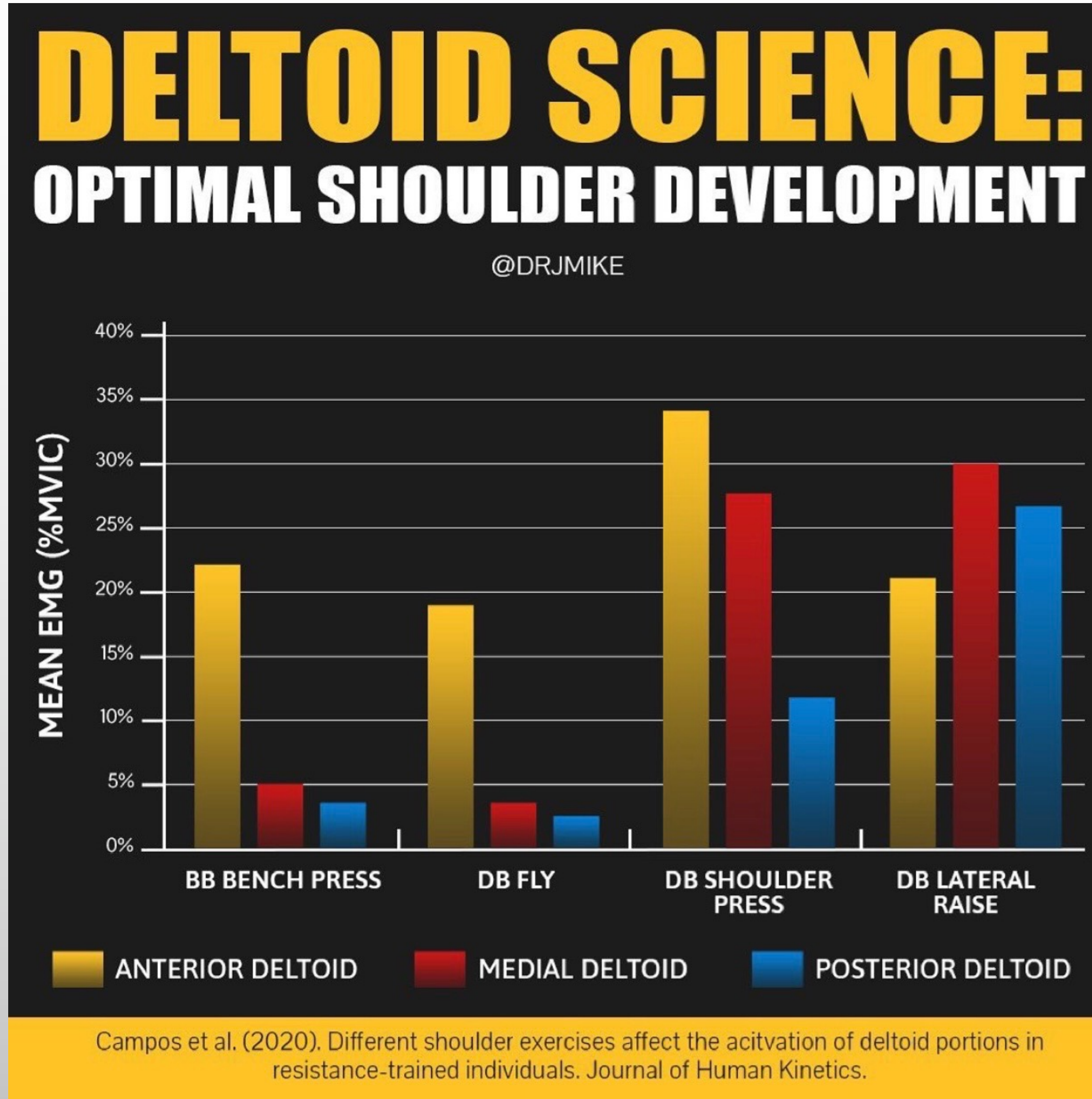
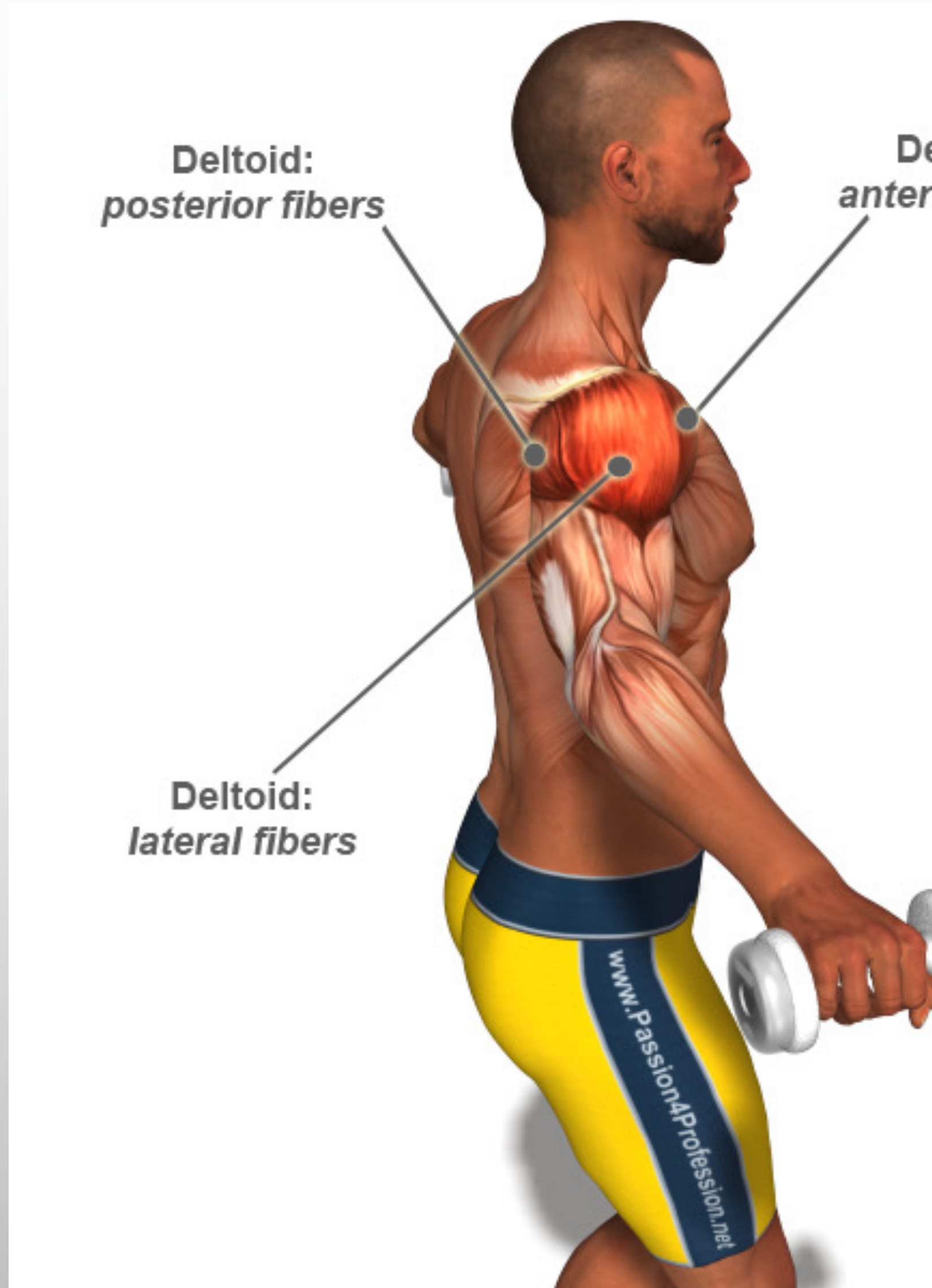
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OHP MUSCLE SCIENCE



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Overhead Pressing Requirements:

1. Proper pelvic positioning or ample lumbo-pelvic-hip control.
2. Ample core stiffness and stability.
3. Proper scapular positioning and stability (i.e., limited scapular anterior tilt, which will be dictated by your level of thoracic kyphosis.)
4. Limited forward head posture versus packed neck. The latter is ideal.
5. Sufficient glenohumeral mobility/centrality, which can be affected by shoulder girdle positioning.



How's your pelvic alignment?



Neutral tilt

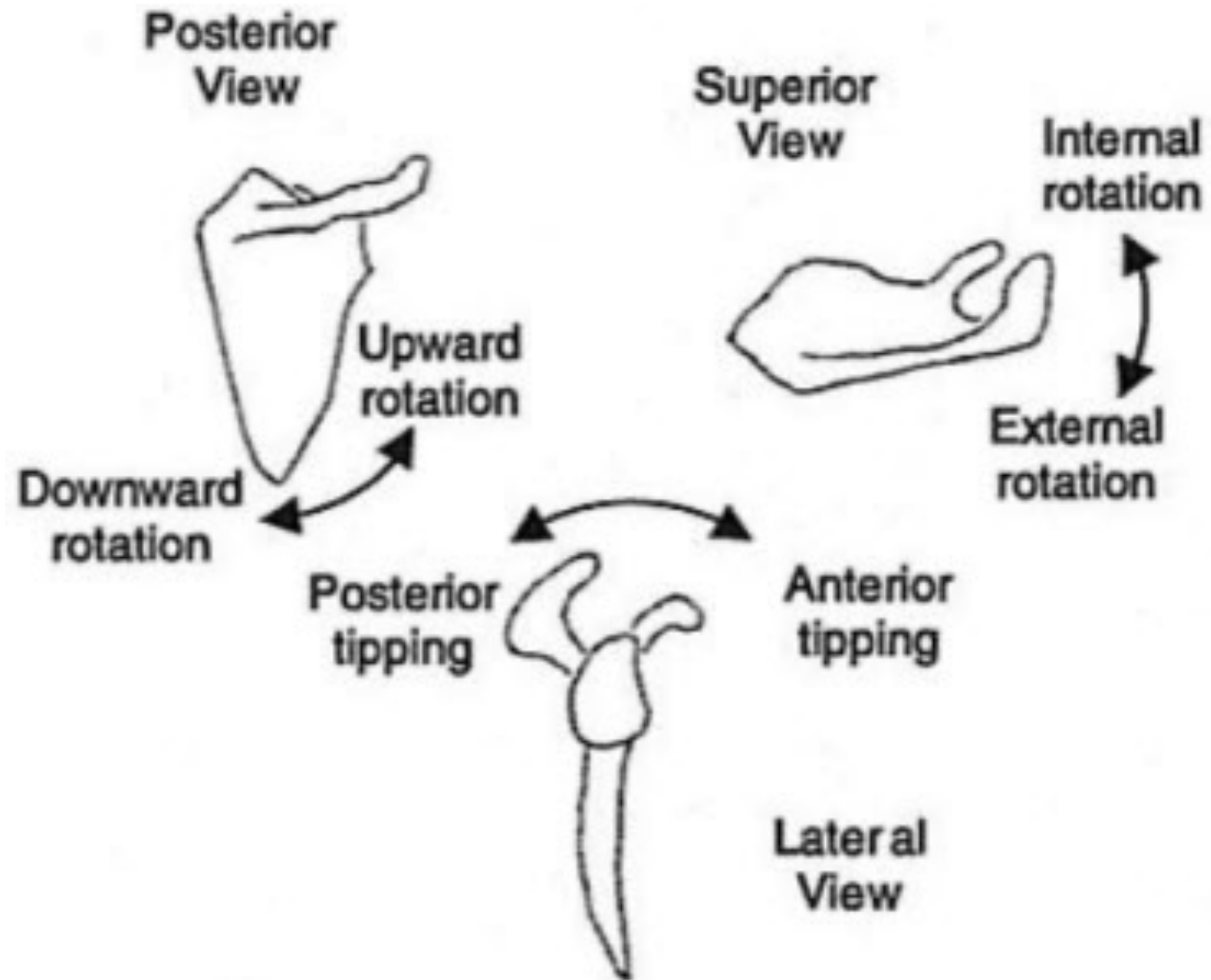


Anterior tilt



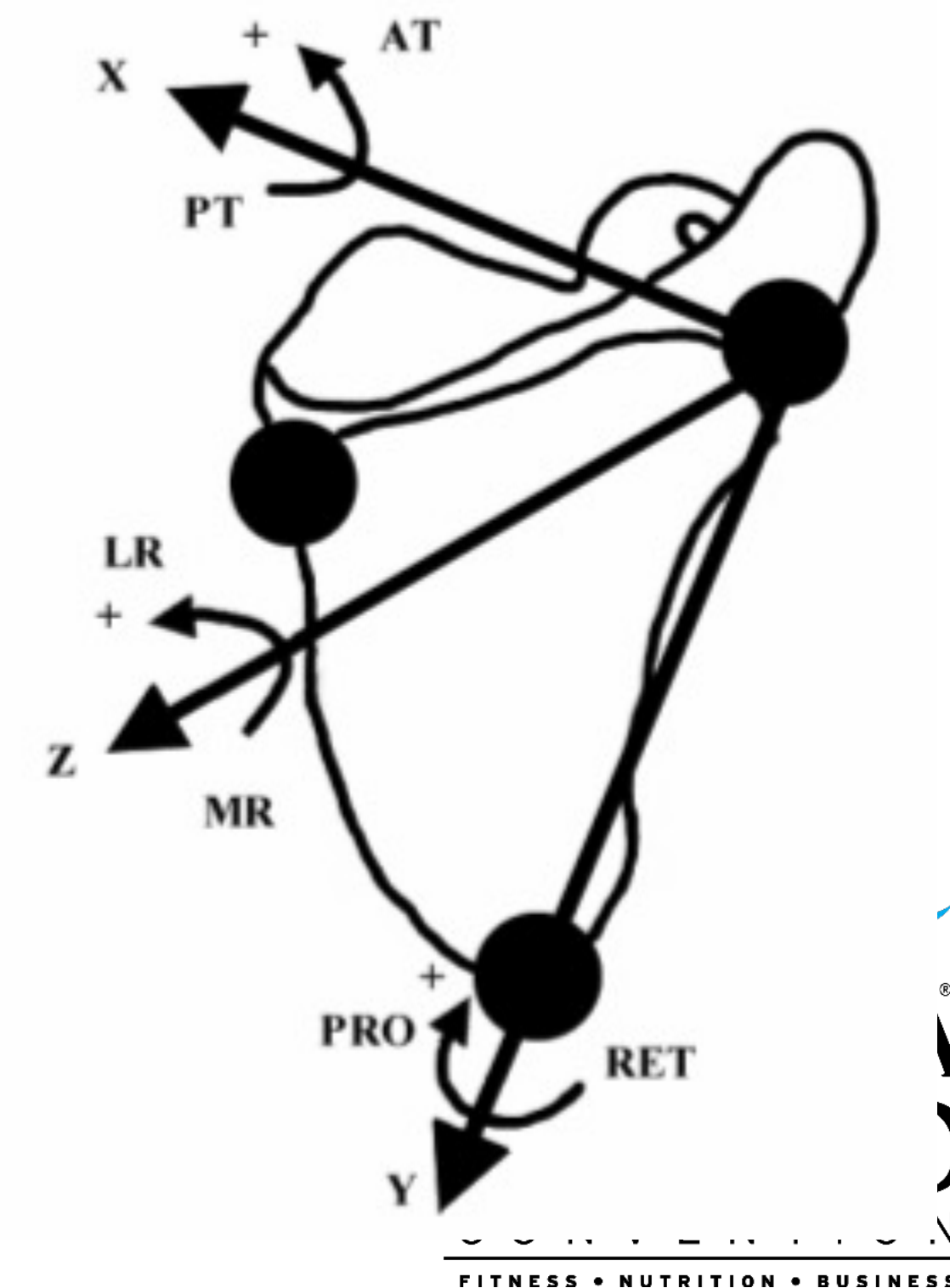
Posterior tilt

Scapular Positioning



Three-Dimensional Scapular attitudes
 Anterior (+) Posterior (-) Tilting (A-PT)
 Lateral (+) Medial (-) Rotation (L-MR)
 Protraction (+) Retraction (-) (PRO-RET)

Rotation matrix : $R_z \times R_x \times R_y$



Scapular Positioning

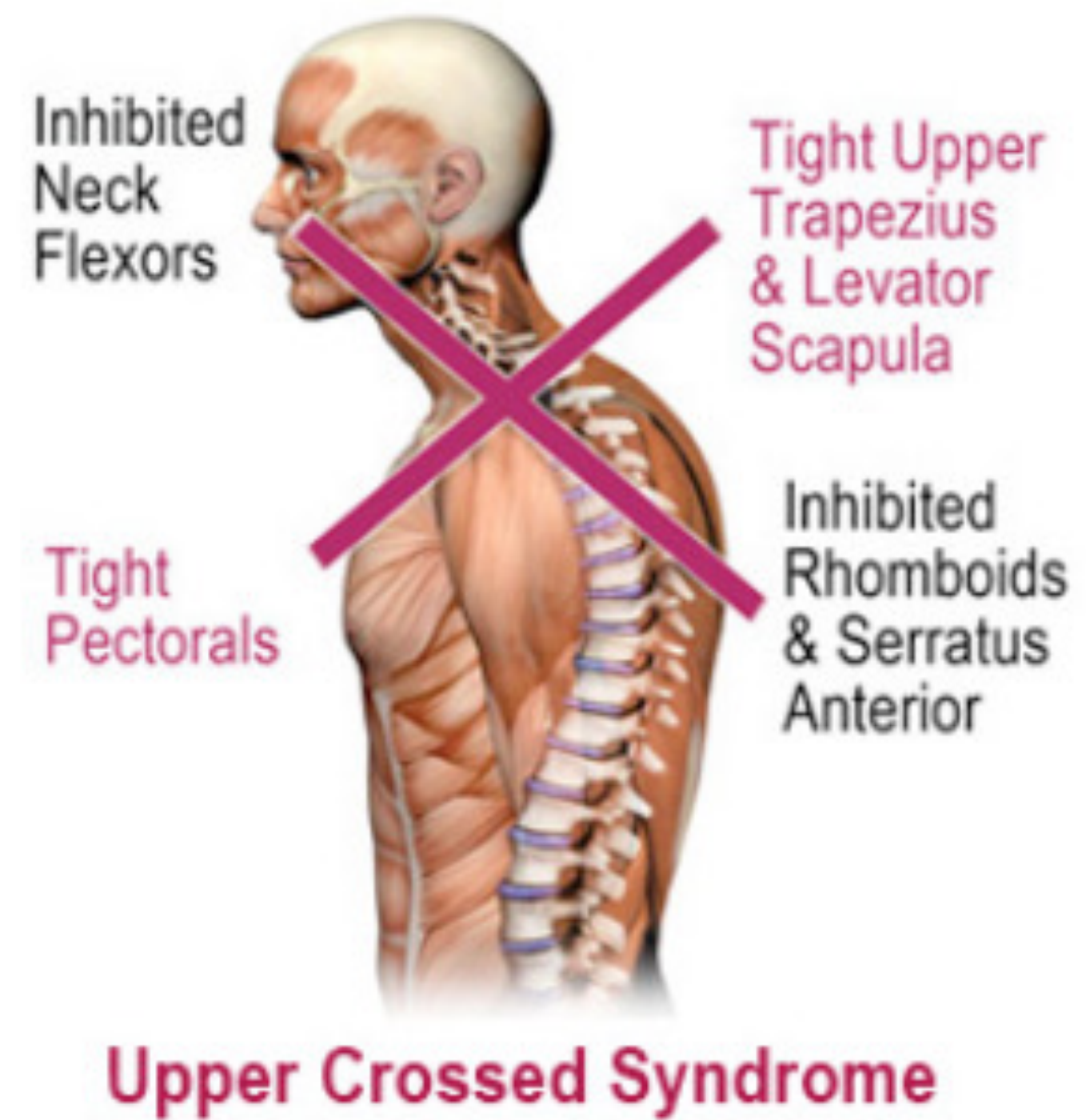
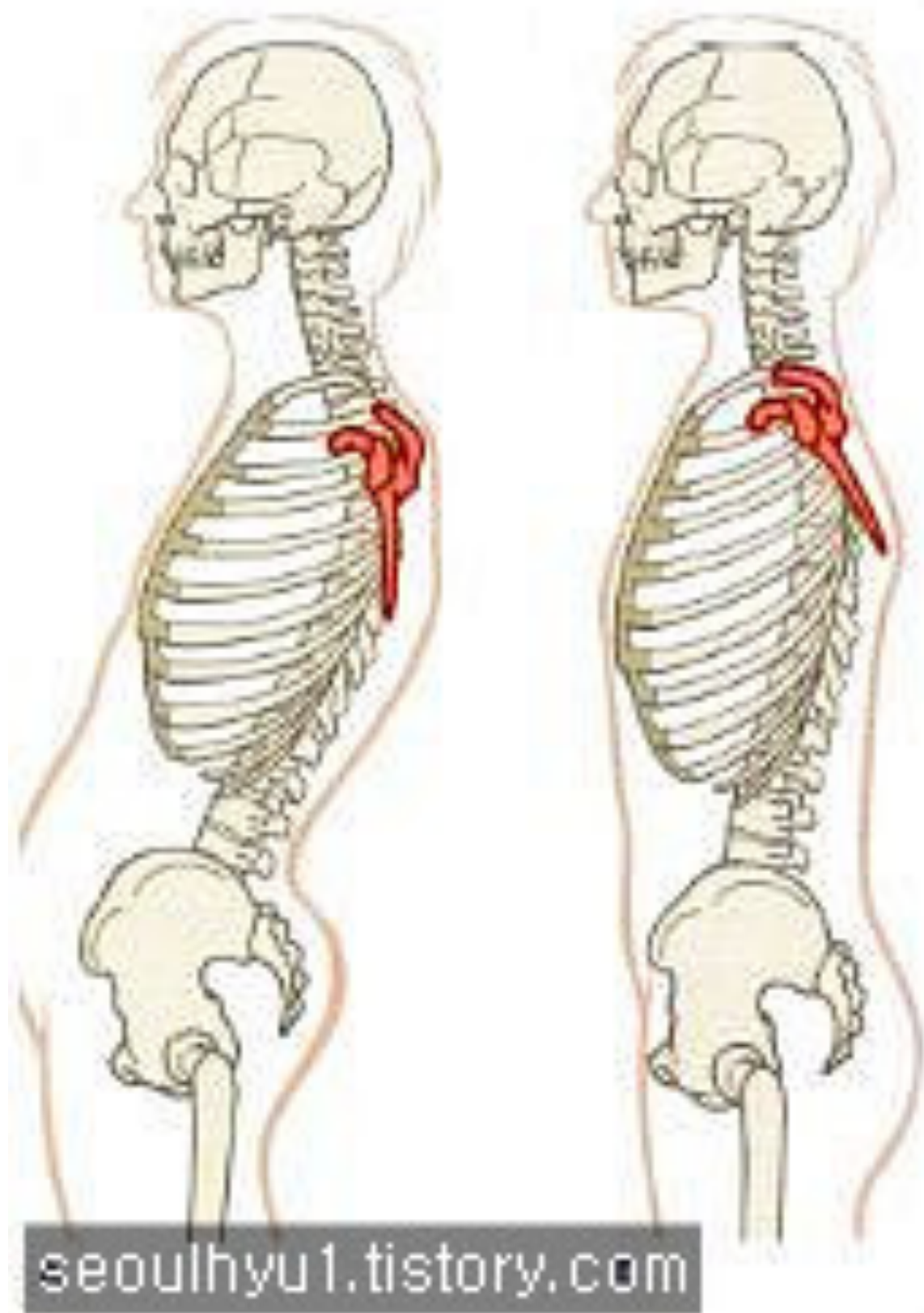


Figure 1

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Standing Shoulder Flexion



Let's OHP!



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Alternative/Exercise Variations

- Kettlebell Variations
 - Chains
 - Bands
 - Specialty Bars
- Landmine Presses (standing, tall or ½ kneeling)
 - Half Kneeling (DB or KB)
 - Single Arm Dumbbell
 - Log pressing
- Upper/lower body Combinations
 - Bradford Press



Unconventional OHP EXERCISES!



OHP RECAP! Quick Guide

SO YOU THINK YOU CAN OVERHEAD PRESS?

@DRJMIKE



**REDUCES
OVERHEAD
PRESS FORCE**

**INCREASED LUMBAR
HYPER EXTENSION
INCREASED RISK
OF INJURY**

**BAR NOT OVER
THE MID FOOT**



**KEEP BAR OVER
THE MID FOOT
STAY NEUTRAL**

**CONTRACT UPPER
BACK HARD BE AS
STABLE AS POSSIBLE**

**SQUEEZE
THE ABS**

**SQUEEZE
THE GLUTES!**

**CONTRACT
QUADS**



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Thank you, Questions?
