



The Set-up

- Walk off ball a bit and feet tight together
- Grip - thumb is over the top
- Extend out over legs with chin and chest up
- Raise dumbbells up at a 45 degree angle

Key Points

- Don't lift up past 90 degrees
- Arms extend straight out or...
...visualize creating a Y shape with arms
- Do not pull back behind you with arms!



gstarfit
eternalyouth

