



# LIMITLESS

## Optimal Overhead Pressing

What All Trainers and Clients Need to Know

PRESENTED BY

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**Sports Performance Coach, Author, & Speaker**

# Optimal Overhead Pressing

## What All Trainers and Clients Need to Know

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# Contact Me



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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!

## Contact Me

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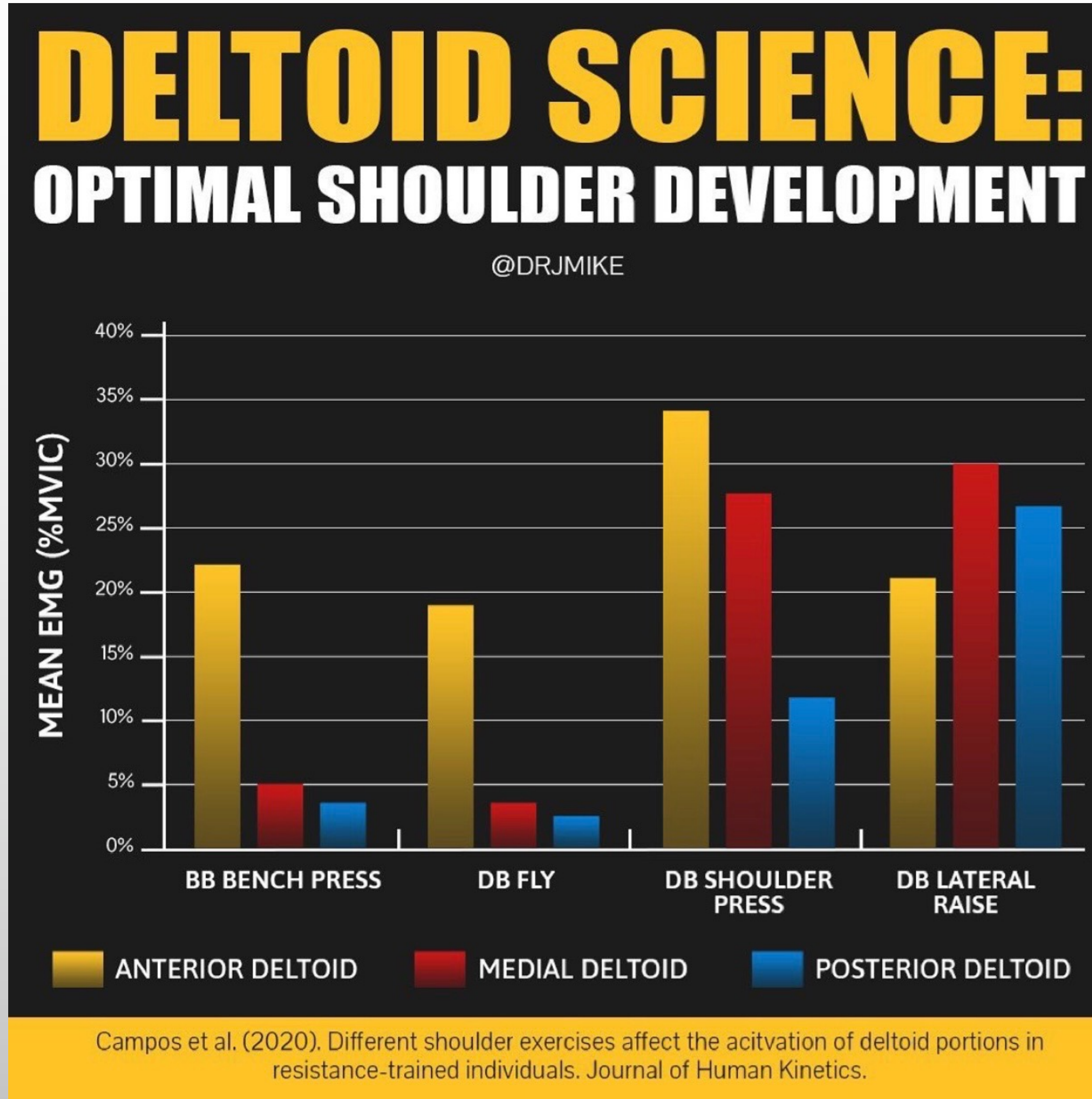
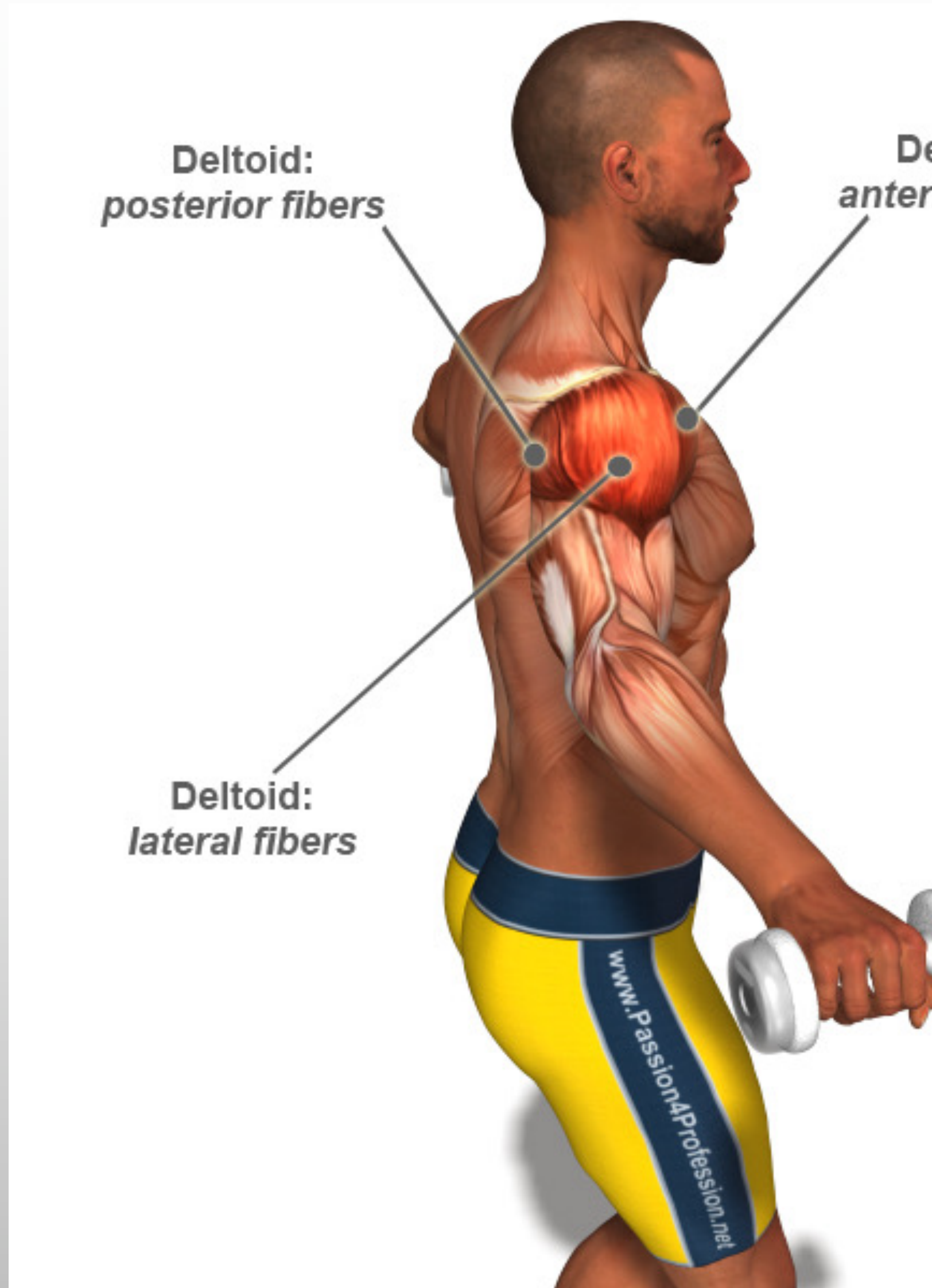
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# OHP MUSCLE SCIENCE



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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



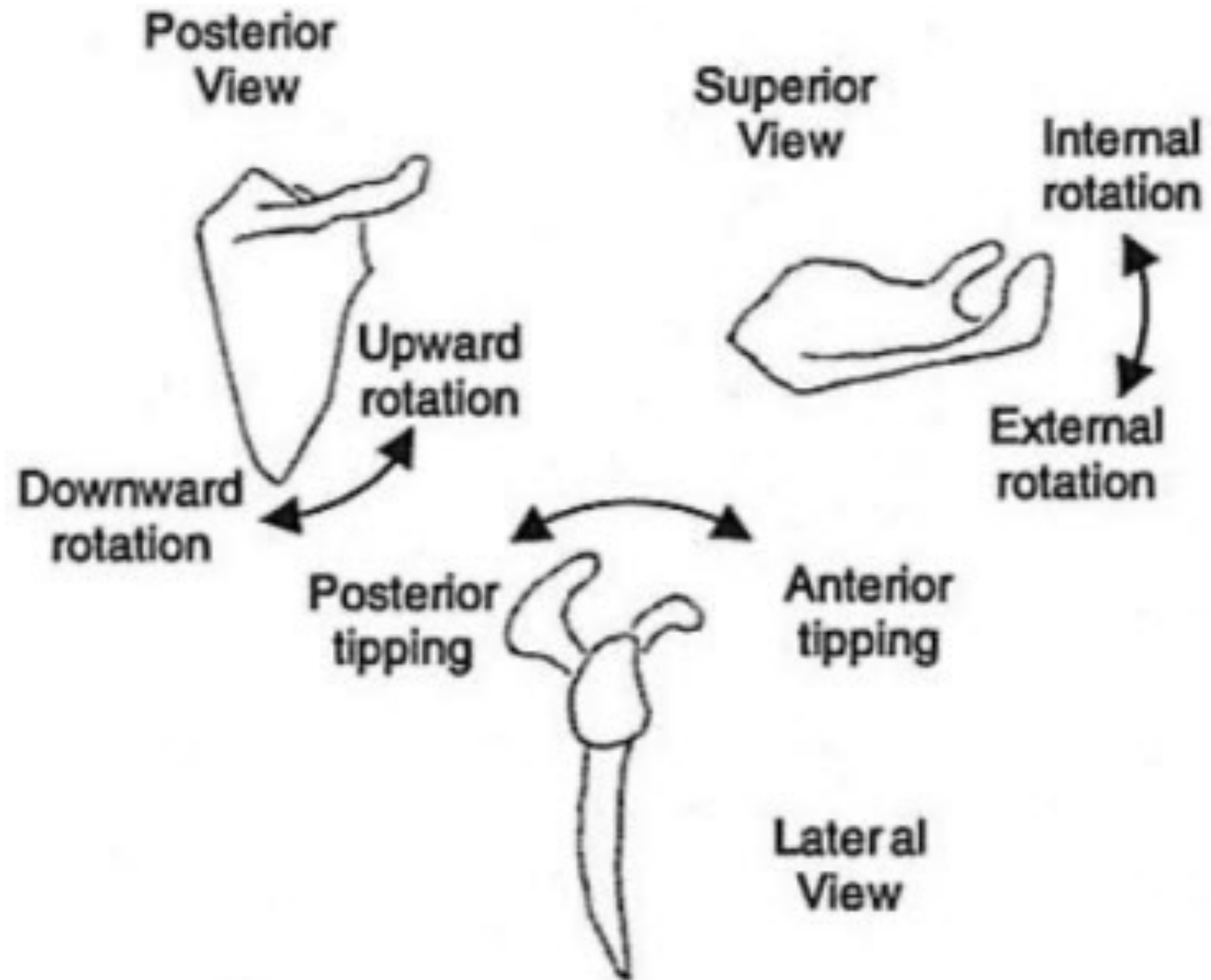
Anterior tilt



Posterior tilt

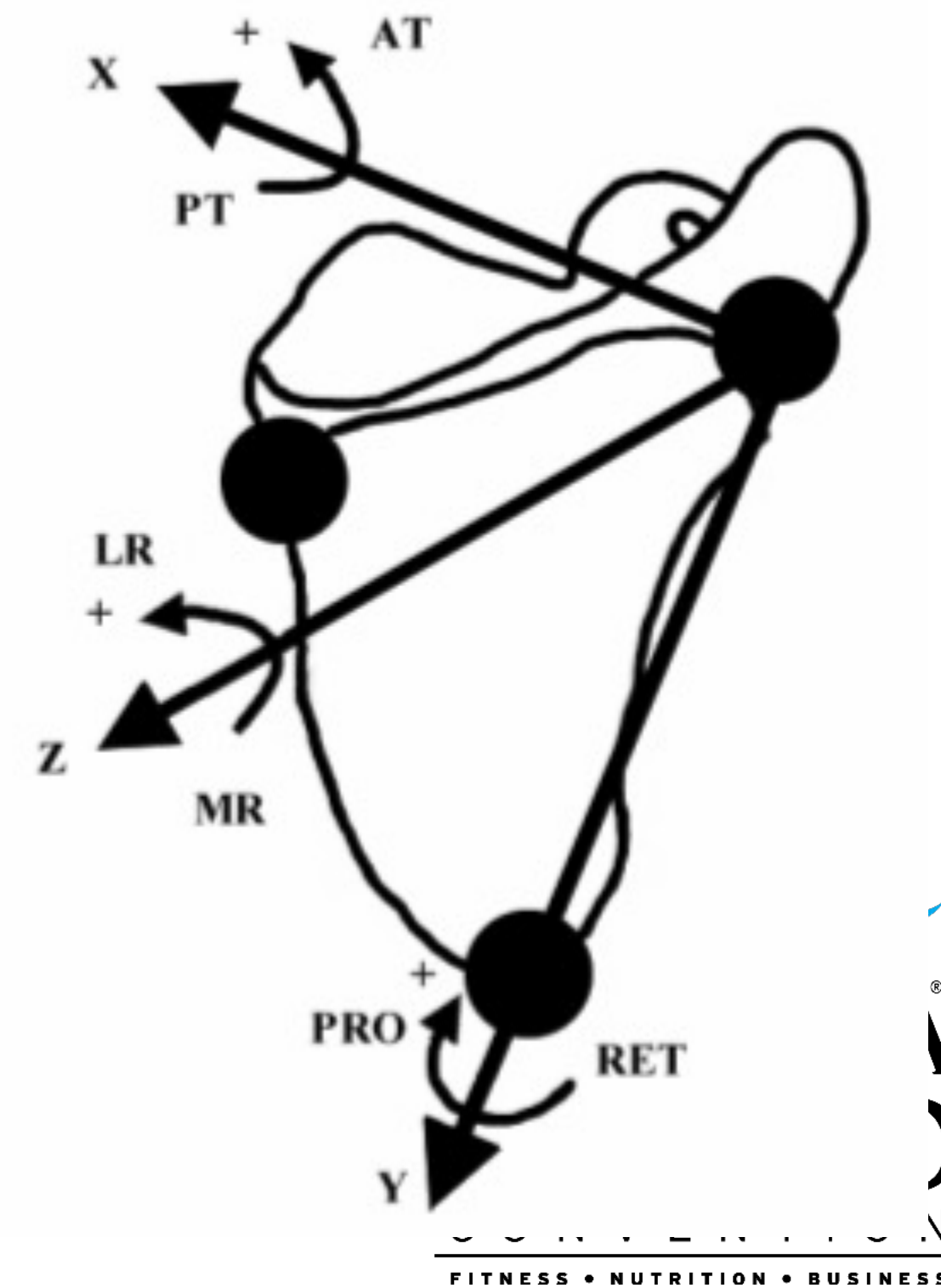


# Scapular Positioning



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

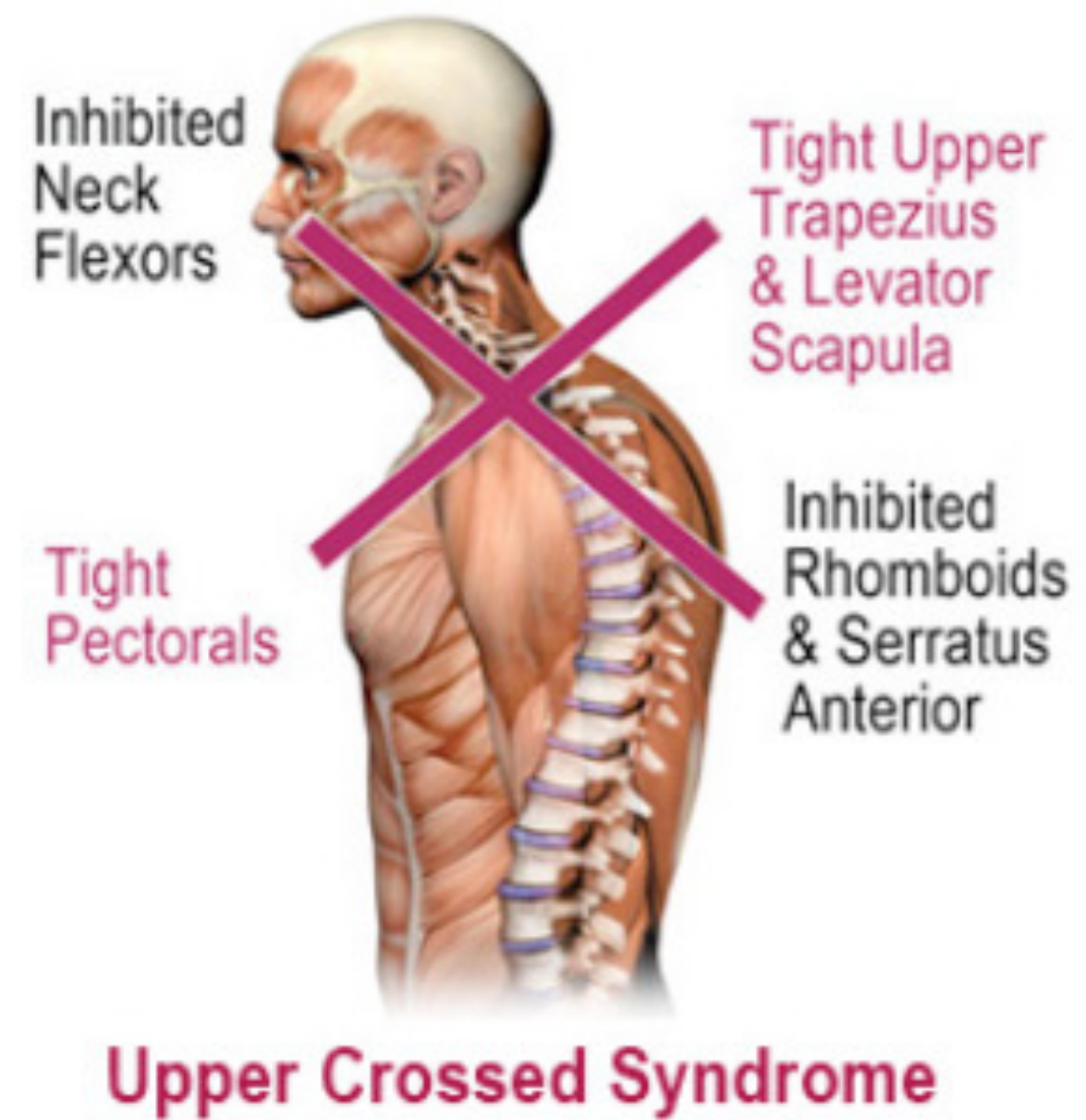
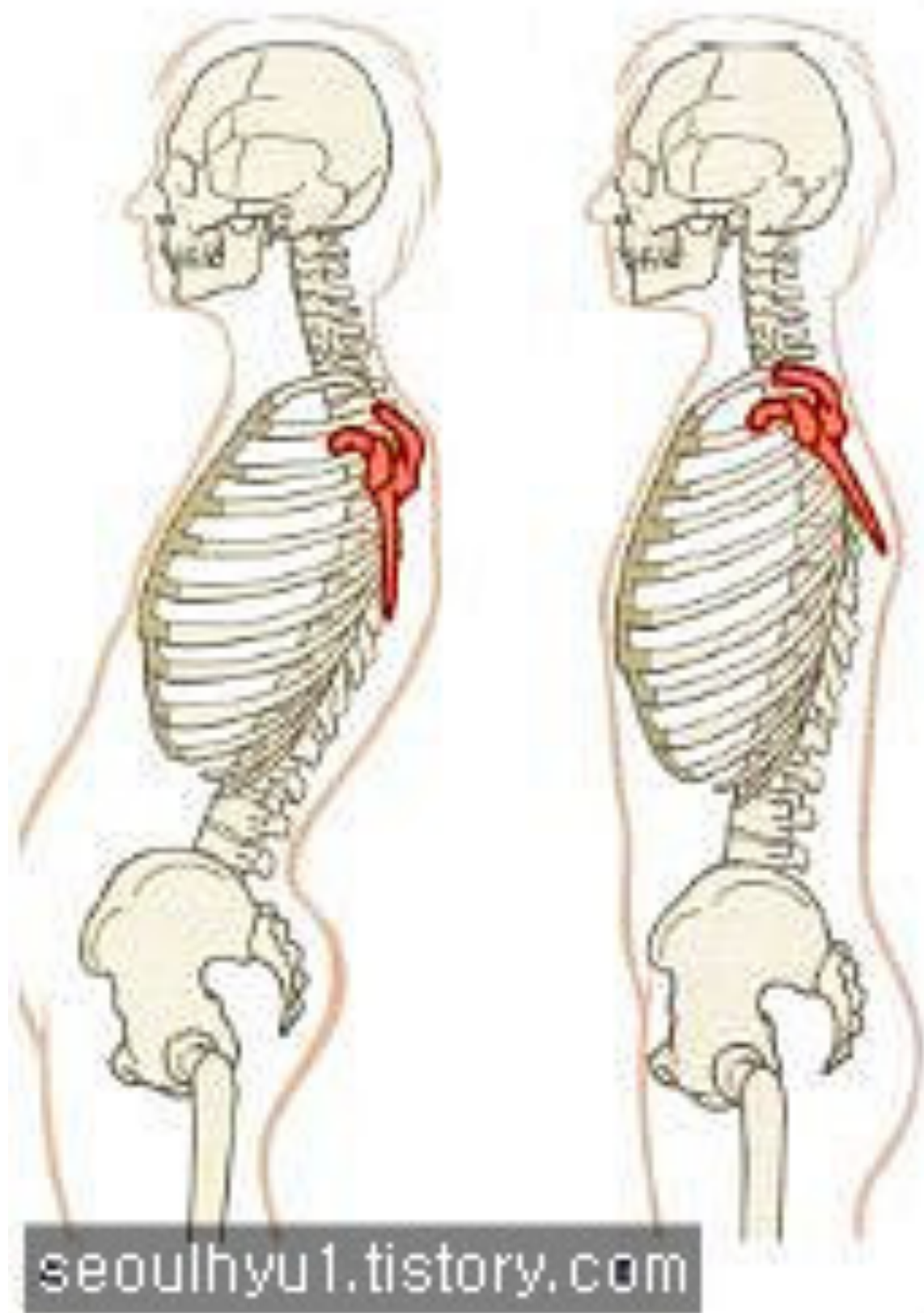


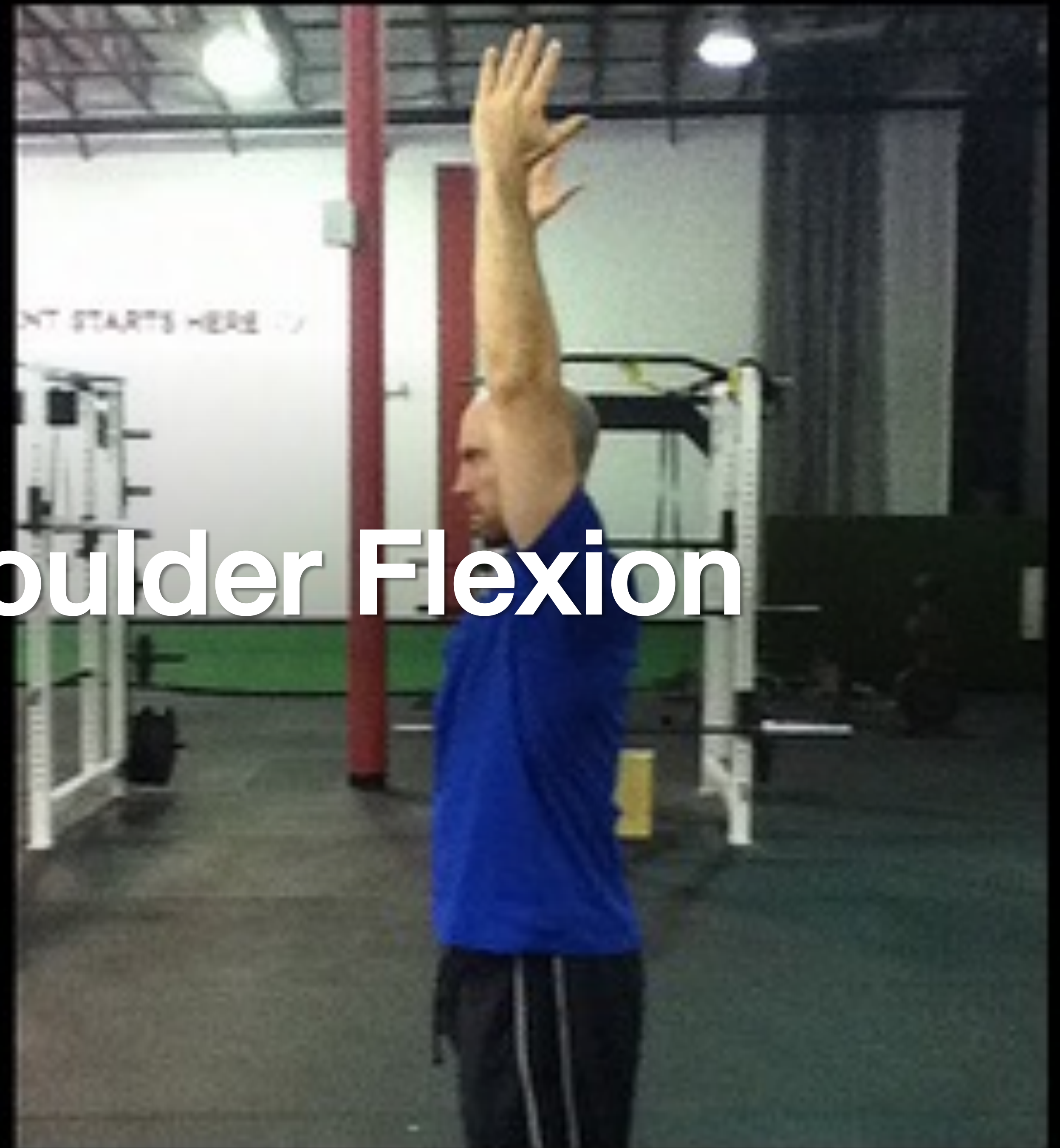
Figure 1

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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?

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