

Biomechanics of Sports

How to Coach a Landmine Press

April 16, 2020



Lesson: April 16, 2020

Objective/Learning Target:

The student will be able to understand the purpose of the landmine variation overhead press and the health benefits of this movement.



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Instructions

Watch the video and then answer the follow-up questions.



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Background

The landmine is a very beneficial exercise that is seen in the PT setting and performance setting. The industry has shifted to this variation of overhead pressing versus traditional “military” pressing. It is important to understand this movement pattern.



Questions

1. Why is the landmine press a better alternative versus military pressing for a client that may have scored a 2 on the FMS shoulder mobility?
2. What should the action of the scapula during this movement?
3. What happens when you become upper trapezius dominant during this exercise?



Email your discussion questions to the following instructors:

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