

30° INCLINE DB CHEST PRESS

START



MIDDLE



END



- Lean back on an incline bench at 30° to 45° angle with a dumbbell in each hand resting on top of your thighs
- Then, using your thighs to help raise the dumbbells hold them in front of you at shoulder width
- Once at shoulder width, rotate your wrists forward so that the palms of your hands are facing away from you
- Place your feet flat on the floor
- The dumbbells should be just to the sides of your chest, with your upper arm and forearm creating a 90° angle
- As you exhale, use your chest to drive the dumbbells up
- Straighten your arms at the top of the lift and squeeze your chest, hold for a second
- Begin coming down slowly
- Ideally, lowering the weight should take about twice as long as raising it
- Be sure to maintain full control of the dumbbells at all times and keep them balanced
- Make sure your butt, hips, upper back and head are pressed into the bench at all times
- Repeat for the desired number of repetitions
- When you are done, place the dumbbells back on your thighs and then on the floor. This is the safest way to release the dumbbells

MUSCLES TARGETED

PECTORAL, FRONT DELTOIDS & TRICEPS

- The deltoids and pectoral muscles work to horizontally adduct the upper arms during the upward phase
- The triceps are also worked to extend the elbow joints to fully extend the arms

NOTE

Your arms should be in a 45° angle tucked to the sides. This technique places more emphasis on the pec and triceps muscles rather than the shoulder joint which avoids undue stress on the entire shoulder area and helps prevent serious shoulder injuries. Also, when you incline do not raise your butt off the bench, as it makes the incline press a flat press.