

DB CHEST PRESS

START



- Lie on a flat bench with a dumbbell in each hand
- Feet on the floor
- Lift and extend your arms so that the dumbbells are above you at shoulder width
- Once at shoulder width, rotate your wrists forward so that the palms of your hands are facing away from you
- Pull your abdominals in, and tilt your chin toward your chest

MIDDLE



- Lower the dumbbells slowly, this should take about twice as long as raising it
- Roll your shoulder blades back and down, like you're pinching them together and accentuating your chest
- The dumbbells should be just to the sides of your chest, with your upper arm and forearm creating a 90° angle

END



- As you exhale, use your chest to push the dumbbells up
- Extend your arms at the top of the lift and squeeze your chest, hold for a second
- Do not allow your shoulder blades to rise off the bench
- Repeat the movement for the prescribed amount of repetitions of your training program

MUSCLES TARGETED

CHEST & SHOULDERS

- Chest muscles targeted are the Pectoralis Major and Clavicular
- Shoulder muscles targeted are Anterior Deltoids & Triceps
- The Dumbbell Chest Press is a compound movement (involves two or more joint movements)
- It is a great chest exercise for developing both mass and strength

NOTE

Make sure to use correct weight that will allow you to use proper form and full range of motion. A common mistake for novice lifters is lifting too much weight which can to poor form and possible injuries.