

DB CHEST PRESS FLAT

- Lie down on a flat bench with a dumbbell in each hand resting on top of your thighs
- Then, using your thighs to help raise the dumbbells up, lift the dumbbells one at a time so that you can 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

START



- As you exhale, use your chest to drive the dumbbells up
- The dumbbells should be pressing from out wide. Taking them inwards and creating a close grip will result in excess tricep tension and the chest will be neglected. Remember, a wide press is a wide chest
- Straighten your arms at the top of the lift and squeeze your chest, hold for a second

MIDDLE



- 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

END



MUSCLES TARGETED

PECTORALIS MAJOR, TRICEPS AND ANTERIOR DELTOIDS

- The dumbbell chest press is a compound movement which primarily utilises the pectoral major with the triceps and anterior deltoids working synergistically and supporting muscles throughout.

NOTE

The main benefit of dumbbell presses, as opposed to barbell presses, is dumbbells allows for a greater stretch at the bottom and more efficient peak contraction at the top. Also, dumbbells are more difficult to balance so your stabilizer muscles will develop better.