

Upper Body - Chest

Incline Bench with Dumbbells

Focus of exercise: Upper Chest/Shoulders/Triceps

Sets _____ x Reps _____



- Feet flat on floor, or raise seat for pelvic tilt
- Base Position on incline bench
- Dumbbells positioned just outside shoulders and above upper chest
- Elbows bent, slight stretch and tension on muscles of chest and shoulders



- Extend arms upward; elbows slightly bent
- Bring dumbbells together with slight arced motion
- Dumbbells aligned with shoulders and positioned over upper chest
- Hold one count



- Lower dumbbells to start position
- Maintain muscle tension
- Hold one count

Work through full range of motion.
Never compromise form.
Steady controlled movement.
Repeat to muscular fatigue.

Variations:

- *Elbows in; Palms in*