

# Upper Body - Chest

## Flat Bench with Dumbbells

Focus of exercise: Chest/Shoulders/Triceps

Sets \_\_\_\_\_ x Reps \_\_\_\_\_



- Supine Base Position on flat bench
- Feet flat (on floor or bench)
- Dumbbells positioned just outside shoulders and above chest
- Elbows bent, slight stretch and tension on muscles of chest and shoulders



- Extend arms upward; elbows slightly bent
- Bring dumbbells together with a slight arced motion
- Dumbbells aligned with shoulders and positioned over 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*