

Dumbbell Chest Press Exercise

- 1. Lie on your back on a bench with your feet flat on the floor. Grasp a dumbbell in each hand with your arms fully extended upward and your palms facing in the direction of your feet.
- 2. Slowly lower the dumbbells to your chest until they are parallel with your chest.
- 3. Without pausing to rest, slowly press them back towards the ceiling.

