Dumbbell Chest Fly

Select dumbbells and lie on the bench. Keep your lower back close to the bench. Place your hands directly over your shoulders and face your palms toward each other. Keep your elbows straight but not locked.

Inhale and slowly open your arms out to the sides. You should feel a slight stretch in the front of your shoulders. Be careful not to overstretch your shoulders. Exhale and return the weights to their starting position.

When you have completed your set, carefully place one dumbbell on the floor at a time. Return to a seated position.