Dumbbell Chest Press

Select dumbbells and lie on the bench. Keep your lower back close to the bench. Place your hands directly over your shoulders using an overhand grip. Keep your elbows straight but not locked.

Inhale and slowly lower the weights so your hands are level with the midline of your chest. Your wrists should be lined up over your elbows. Exhale and press the weights up to the starting position.

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