Title: Bosu Ball Chest Dumbbell Press

Primary Muscle Groups: Chest, Triceps

Secondary Muscle Groups: Abs

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin by sitting on the floor with your lower back against the side of the Bosu ball, and with the dumbbells resting on your upper thighs. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lower yourself back onto the Bosu ball while bringing the dumbbells onto your chest. Naturally you should create a straight bridge from your knees to your shoulders.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Extend the dumbbells upward so that they are directly above your chest. Without locking your arms, place your hands in a horizontal position.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lower the the dumbbells towards your chest, imitating a slow-falling motion, until they reach the nipple line. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Contract your chest to drive the dumbbells back upward to the starting position. </span></li>

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