Title: Decline Bench Dumbbell Press

Primary Muscle Groups: Chest

Secondary Muscle Groups: Shoulders, Triceps

Summary: <ol>

<li>Sit on a decline bench and place your feet under the leg brace. Rest a dumbbell on each thigh.</li>

<li>Grab hold of the dumbbells with an overhand grip and lie back on the bench.</li>

<li>Position the dumbbells on either side of your chest. Your palms should face outwards and your arms should be bent under each weight.</li>

<li>Slowly press the dumbbells up from the elbows until your arms are fully extended over your chest.</li>

<li>Return to the starting position by lowering the dumbbells to either side of your chest again. You should feel a slight stretch in your chest and shoulders.</li>

</ol>