Title: Decline Dumbbell Flyes

Primary Muscle Groups: Chest, Triceps

Secondary Muscle Groups: Abs, Shoulders

Summary: <ol>

<li>Place a pair of dumbbells on the floor next to a decline bench. Secure yourself in the bench. Pick up dumbbells and hold them above you with a slight bend in the elbow.</li>

<li>Keeping the dumbbells in line with your chest, slowly open up your arms to the sides.</li>

<li>Stop when your upper arms are parallel with the floor.</li>

<li>Squeeze your chest muscles and slowly return to starting position. Repeat.</li>

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