Title: Dumbbell Flat Bench Press

Primary Muscle Groups: Chest

Secondary Muscle Groups: Abs, Shoulders, Triceps

Summary: <ol>

<li>Lie on a flat bench holding a dumbbell in each hand with an overhand grip.</li>

<li>Start by holding the dumbbells slightly wider than shoulder width apart above your shoulders. Your palms should be facing forward.</li>

<li>Slowly bend your elbows until they are at a 90 degree angle and your upper arms are parallel to the ground.</li>

<li>Push the weights up by straightening your arms.</li>

<li>As you push the weights up, move your arms in an arc to bring the dumbbells together, until they meet over the center of your chest. Hold for a count of one.</li>

<li>Lower the dumbbells by slowly bending your elbows back to 90 degrees.</li>

<li>Continue lowering your arms until they are a little lower than parallel to the floor. (Your elbows should be pointing slightly towards the floor and you should feel a stretch in your chest muscles and shoulders.)</li>

<li>Repeat</li>

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