Title: Dumbbell Floor Chest Press

Primary Muscle Groups: Chest

Secondary Muscle Groups: Abs, Shoulders, Triceps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Place a pair of dumbbells on the floor. Lie on your back in between the dumbbells. Bend your knees and move your feet towards your butt.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Grab the dumbbells and hold them above you. Allow your upper arms to remain on the floor. Begin the movement by pushing the dumbbells over your chest. Pause at the top and squeeze your chest muscles.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Slowly bring the weights down to the starting position, allowing your arms to rest for a brief moment before beginning the next repetition.</span></li>

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