Title: Dumbbell Pullovers

Primary Muscle Groups: Chest, Upper Back &amp; Lower Traps

Secondary Muscle Groups: Abs, Shoulders, Triceps

Summary: <ol>

<li>Lie with your upper back perpendicular on a bench.</li>

<li>Bend your knees and place your feet flat on the floor and flex your hips so that your body is in line.</li>

<li>Grasp a dumbbell between your hands under the inner plate, palms facing up.</li>

<li>Position the weight over your chest with your elbows slightly bent.</li>

<li>Keep your elbows bent as you lower the dumbbell over your head until your upper arms are in line with your torso.</li>

<li>To return to the starting position, pull the dumbbell up and over your chest.</li>

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