Title: Flat Bench Dumbbell Flyes

Primary Muscle Groups: Chest

Secondary Muscle Groups: Abs, Shoulders, Triceps

Summary: <ul>

<li>Holding a pair of dumbbells, sit on a flat bench and slowly lower yourself back.</li>

<li>Keep a tight core as you push the dumbbells above your chest. The dumbbells will be facing one another and held together.</li>

<li>With a slight bend in the elbow, open up your chest and slowly lower the dumbbells to the sides.</li>

<li>When the dumbbells are parallel with the ground, pause, and return to the starting position.</li>

</ul>