Title: Incline Dumbbell Bench Chest Press

Primary Muscle Groups: Chest

Secondary Muscle Groups: Abs, Shoulders, Triceps

Summary: <ol>

<li>Set up an incline bench so the back rest is at about a 45 degree angle.</li>

<li>Hold a dumbbell in each hand with an overhand grip. (Palms facing away from you)</li>

<li>Sit on the bench with your feet flat on the floor and your back and shoulders pressed firmly back against the back rest.</li>

<li>Raise the dumbbells up to your shoulder level, keeping your elbows bent at 90 degrees.</li>

<li>Push the dumbbells up and away from you using your shoulders and chest while straightening your arms.</li>

<li>Continue raising the dumbbells until your arms are straight and the dumbbells are suspended above your chest. Hold for a count of one.</li>

<li>Lower the dumbbells back towards your chest by relaxing your chest and shoulders while bending your elbows.</li>

<li>Hold for a count of one</li>

<li>Repeat.</li>

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