Title: Single Arm Chest Press

Primary Muscle Groups: Chest

Secondary Muscle Groups: Abs, Shoulders, Triceps

Summary: <ol>

<li>Sit on the front of a flat bench. Hold a dumbbell with both hands. Keep your core tight and back flat as you slowly lie back on the bench.</li>

<li>Brace your core and turn your left arm out with the dumbbell. Place your other hand on your core. Your upper left arm should be parallel with the floor.</li>

<li>Push the dumbbell above you, in line with your chest. Keep a slight bend in the elbow.</li>

<li>Slowly lower back to the starting position and repeat.</li>

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