Title: Stability / Swiss / Exercise Ball Dumbbell Chest Press

Primary Muscle Groups: Chest, Triceps

Secondary Muscle Groups: Abs, Shoulders

Summary: <ul>

<li>Carefully sit on a stability ball while holding a pair of dumbbells.</li>

<li>Slowly walk your legs forward while you lie back on the ball. Only your upper back and shoulders should be on the ball.</li>

<li>Keep a tight core as you bring your arms out to the sides, holding the dumbbells in a horizontal position.</li>

<li>Slowly, press the dumbbells straight up but do not lock out your elbow.</li>

<li>Pause and return to the starting point.</li>

</ul>