Title: Stability / Swiss / Exercise Ball Dumbbell Chest Flyes

Primary Muscle Groups: Abs, Chest

Secondary Muscle Groups: Shoulders, Triceps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Sit on a Swiss Ball while holding a pair of dumbbells. Slowly, walk your feet forward, rolling yourself down the Swiss Ball. Lean back and keep the dumbbells at your chest.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once your shoulders are supporting you on the ball, engage your hips, driving them up. Your feet shoulder be outside of shoulder-width. Engage your core throughout the exercise.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Push the dumbbells above your chest. Slowly, spread your arms to the sides, opening up the chest. Pause when the dumbbells are at parallel with the ground. Return to the starting position.</span></li>

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