1. Dumbbells Bench press

Step 1: Sit on the end of a bench with the dumbbells resting on your thighs, holding them with a strong grip in the center of the dumbbell grip .

Step 2: Lower yourself back and bring the dumbbells onto your chest, facing each other.

Step 3: Press the dumbbells up, so they are over your chest and your arms are almost straight. Twist your hands so your thumbs are side by side.

Step 4: Breathing in, slowly lower the dumbbells to a 2 count, so they reach a point in line with your nipples and your arms are just below 90 degrees.

Step 5: Breathing out and leading with your pinky finger, press the dumbbells back up to the start point, with your arms slightly bent.

1. Bent arm dumbbell pullover

Step 1: Position a dumbbell standing up on a flat bench.

Step 2: Making sure that the dumbbell stays in place on the top of the bench, lie perpendicular to it.

Step 3: Grab the dumbbell with both your hands and hold it straight over your chest with your elbows bent. Both of your palms should be pressing against the underside of one side of the dumbbell. This is your starting position.

Step 4: Keeping your arms bent, lower the weight slowly in an arc behind your head. Inhale as you do so until you feel a stretch on your chest.

Step 5: Next, bring the dumbbell back to the starting position using the same arc motion. Exhale while performing this movement.

Step 6: Hold the dumbbell in the initial position for a second, then repeat the process for the desired number of reps.

1. Lying fly

* Lie flat on your back on a flat incline bench. Place your feet firmly on the floor on either side of the bench..
* gently pick the dumbbells up from the floor and hold 1 in each hand.
* Lift arms up above the head so they’re extended but not locked out. There should be a slight bend at your elbow, and your palms and dumbbells should be facing each other.
* Inhale and slowly lower dumbbells in an arc motion until they’re in line with the chest. Your arms will be extended to the sides but not locked out. Don’t drop your arms lower than your shoulders.
* Exhale and slowly press the dumbbells up in the same arc motion.

4)Barbell chest press

 Lie on the bench with your eyes under the bar

 Grab the bar with a medium grip-width (thumbs around the bar!)

 Lower the bar to your mid-chest

 Press the bar back up until your arms are straight

1. incline fly

Lie down on your back on an incline bench and grab one dumbbell with each hand at body height, elbows just slightly arched.

Raise the dumbbells until they are side by side on top of you and slowly lower them back after a short pause.

Try to maintain the same angle in your elbows throughout.

1. Incline barbell bench press

1)Position your body on an incline bench on a 30-45 degree angle.

2)Grab a barbell with an overhand grip that's shoulder-width apart and hold it above your chest.

3) Extend arms upward, locking out elbows.

4)Lower the bar straight down in a slow, controlled movement to your chest. Pause, then press the bar in a straight line back up to the starting position

7) decline barbell press

1) Lie face up on a decline bench set at about a 45-degree angle..

2)Grab a barbell with an overhand grip that's shoulder-width apart and hold it above your chest.

3) Extend arms upward, locking out elbows.

4)Lower the bar straight down in a slow, controlled movement to your chest. Pause, then press the bar in a straight line back up to the starting position

8) decline pushups

1. Kneel down with your back to the bench. Put your hands on the floor, shoulders over your wrists and elbows at 45 degrees. Place your feet on top of the bench.
2. Brace your core, glutes, and quads. Bend your elbows and lower your chest to the floor, keeping your back and neck straight.
3. Push into the floor to return to starting position, extending your elbows.