

## Dumbbell chest press



**Targeted area:** Your chest muscles.

### **How to do this exercise:**

1. Lie flat on a bench with a dumbbell in each hand and your palms facing forward.
2. Slowly press the dumbbells upward until your arms are directly over the shoulders. Be careful not to lock your elbows.
3. Slowly lower the dumbbells to the starting position. Your elbows should be a little lower than your shoulders.