

# Dumbbell Bench Press

**Exercise Objective:** Develop strength and stability in the pectorals, shoulders, and triceps

## Start Position

1. Grasp a dumbbell in each hand with a closed grip and sit on the bench
2. Lie flat on the bench in a five-point body contact position with arms extended

## Procedure

1. Take a deep breath to fill the chest with air and engage the core to prevent the back from arching
2. Lower the dumbbells slowly and under control keeping hands over shoulders until the dumbbells reach chest level (Figure 4-68)
3. Drive the weight off the chest extending elbows
4. Exhale as you near the top of the lift

## Coaching Points

1. Wrists should be in line with elbows, and forearms perpendicular to the ground
2. The lower back should remain in contact with the bench throughout the entire lift (do not arch the back or raise the chest to complete the lift)