

# Dumb Bell Chest Press

## Muscle

Pectoralis Major and Minor.  
Assisted by Front of the shoulder (Anterior Deltoid) and the rear of the arm (Triceps Brachii).

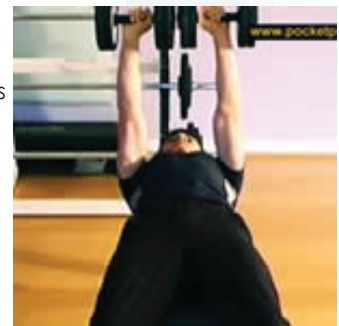
## Information

An excellent exercise for developing the chest muscles and often considered better for the rotator cuff muscles than the barbell chest press.

## Posture

You will perform this exercise from lying on the bench.

Feet should be pointing directly forwards. It is important to maintain the natural curves of the spine without allowing the lower back to arch upwards. To stabilise the spine gently squeeze the muscles of the bum and the core. The dumbbells are to be held directly above the chest muscle with arms almost completely straight. The easiest way to achieve this is to rest the dumbbells on the knees as you sit on the bench and raise the dumbbells up as you lean backwards onto the bench - moving into the laying position and raising the dumbbells up above the chest in one movement. Do not let the dumbbells sink low as this will make pressing them back up ready to begin more difficult.



## Start

Lower the dumbbells either side of the chest only so far that the elbows do not pass beneath the horizontal line of the body. The elbow should line up with the centre of the chest muscle - where a slim man's nipples would be.

## End

Press the dumb bells back up overhead squeezing through the chest. Keep the elbow joint slightly open at the top of the movement.

## Do's and Don'ts

Do not let the elbows drop beneath the line of the body.

Do not let elbows drop beneath the point that you feel a stretch across the front of the shoulders.