

Personal Training by Robert J. Bovee

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FLAT BENCH (Dumbbell)

A. Emphasis. The primary muscles stressed in this movement are the chest muscles (pectorals). The secondary muscles stressed are the shoulders and triceps.

B. Starting Position. Grab a dumbbell in each hand and carefully lay on a flat bench with your arms extended straight up toward the ceiling (dumbbells **2** inches apart). Push your chest up and squeeze your shoulder blades together. This will help to isolate all three sections of the muscles in the chest.

C. Movement. Take **2** to **3** seconds to lower the dumbbells until your elbows are at **90** degrees with the dumbbells outside your chest. Keep your forearms straight up and down and your elbows out to the side. Press the dumbbells straight up to the starting position (**2"** apart). Contract your chest muscles hard during the movement.

D. Training Tips.

- 1) When pressing the dumbbells up to the starting position do not overextend your shoulders and raise them off the bench. This will help isolate the chest muscles.
- 2) Keep your feet flat on the floor to help balance your body.

E. Warning Tips.

- 1) **Do not** overextend your shoulders when pressing the dumbbells up. Failure to do so can result in serious injury to your shoulders.
- 2) **Do not** excessively arch your back or raise your hips off the bench. Failure to do so can result in serious injury to your back.
- 3) **Do not** lower the dumbbells any faster than **2** to **3** seconds. You must stay in control at all times. The faster you perform this movement, the less control you will have, which in turn will increase your risk of injury.
- 4) **Do not** lock out your elbows after you have raised the dumbbells. Failure to do so can result in serious injury.