

# *Personal Training by Robert J. Bovee*

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## **INCLINE BENCH PRESS (Dumbbell)**

**A. Emphasis.** The primary muscles stressed in this movement are the chest muscles. (pectoralis major and minor). The secondary muscles stressed are the shoulders and triceps.

**B. Starting Position.** Grab a dumbbell in each hand and carefully lay on an incline bench set at a **30-45** degree angle with your arms extended up toward the ceiling (**2** inches apart). Push your chest up and squeeze your shoulder blades together. This will help to isolate the upper and central 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 elbows 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 during this movement. The faster you perform this movement, the less control you will have which will increase your risk of injury.