

# *Personal Training by Robert J. Bovee*

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## **DECLINE BENCH DUMBBELL FLIES**

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

**B. Starting position.** Grab a dumbbell in each hand and carefully lay on a decline bench (your head above your feet) with your arms extended up toward the ceiling. Push your chest up toward the ceiling and squeeze your shoulder blades together.

**C. Movement.** With your elbow slightly bent, take **2 to 4** seconds to lower the dumbbell out to the side until your elbows are level with your shoulders, keeping your wrists straight and your palms facing up toward the ceiling. Raise the dumbbells straight up to the starting position again, keeping your elbows slightly bent. Contract your chest hard before repeating the movement.

### **D. Training Tips.**

- 1) When raising 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.

### **E. Warning Tips.**

- 1) **Do not** overextend your shoulders when raising 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 4** seconds. You must be in control at all times during this movement. The faster you perform this movement, the less control you will have, which in turn will increase your risk of injury.