

# FLAT BENCH DUMBBELL PRESS



1. Lie down on a flat bench while holding a dumbbell in each hand with your arms fully extended right above your chest, and the palms of your hands facing forward. Place your feet firm on the ground a bit wider than shoulders width apart. This will be your starting position.
2. Slowly begin to lower down the weights while simultaneously bending your elbows. Go down all the way until your forearms are parallel to your body and the dumbbells are right next to your chest (nipple line).
3. Start pressing the weights all the way up until your arms are fully extended right back at their starting position by squeezing in your chest muscles as hard as you can. Make sure to use the same motion you've used when lowering down the weights. Ideally, lowering down the weights should take about twice as long as raising them.
4. Repeat this motion for the recommended amount of repetitions.

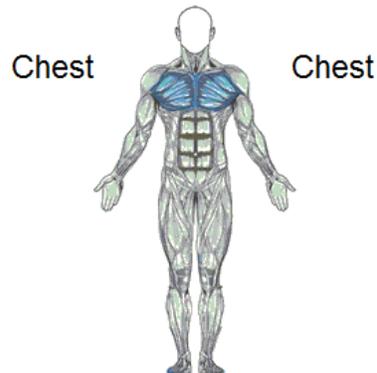
**CAUTION:** NEVER use a heavy set pair of dumbbells when performing this exercise to avoid getting any shoulders and/or wrists injury. A proper weighted set of dumbbells that are not too heavy should have you mostly engage your chest muscles -as it should- instead of having you rely on your arms and/or shoulders to perform this exercise. Pick a lighter set of dumbbells if you ever felt that your arms and/or shoulders are being more engaged than your chest muscles -which should be the main muscle group you're targeting. It is normal for you to feel a slight burn in your forearms due to the effort being done to keep holding onto the dumbbells the entire time while performing this exercise.

## ALTERNATIVE EXERCISES:

[Flat Bench Press](#) / [Proper Push-Ups](#) / [Machine Lying Chest Press](#) / [Machine Chest Press](#)

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## PRIMARY MUSCLE

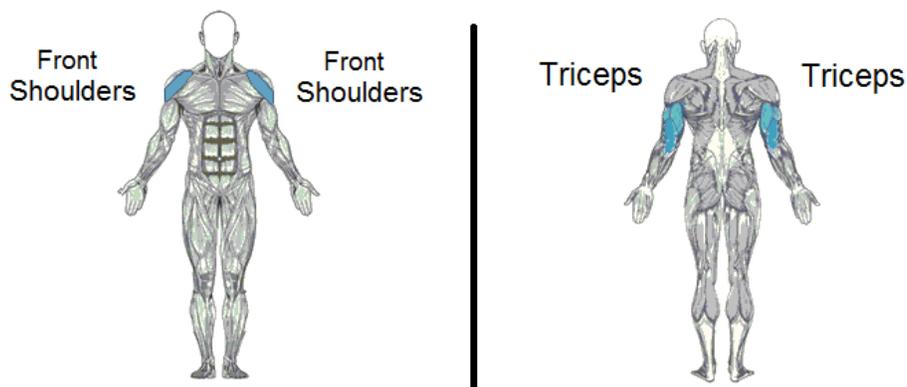


A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80 - %90** when performing this exercise.

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## SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%20 - %10** when performing this exercise.

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