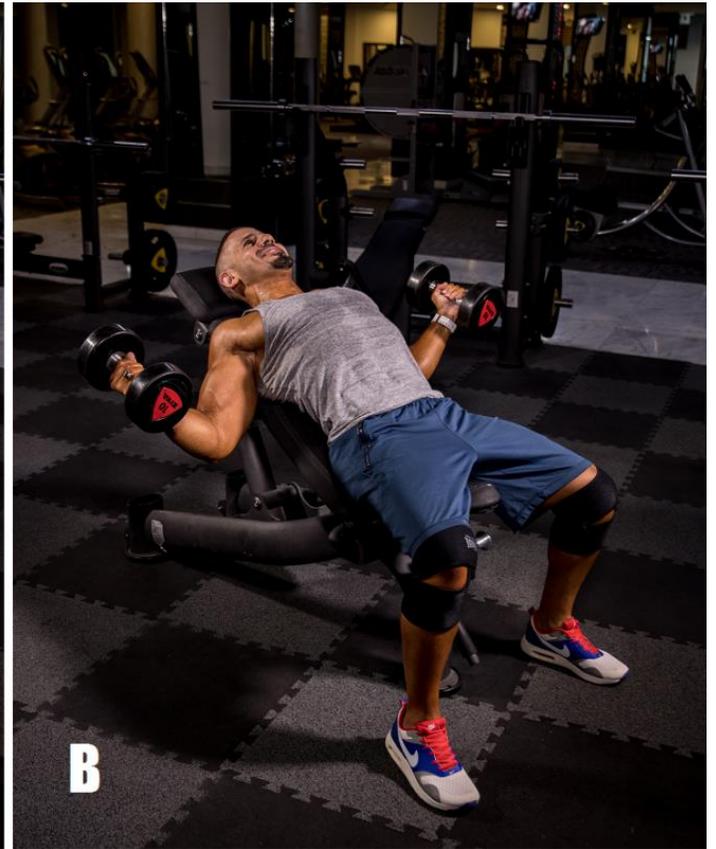


INCLINE BENCH DUMBBELL FLYS



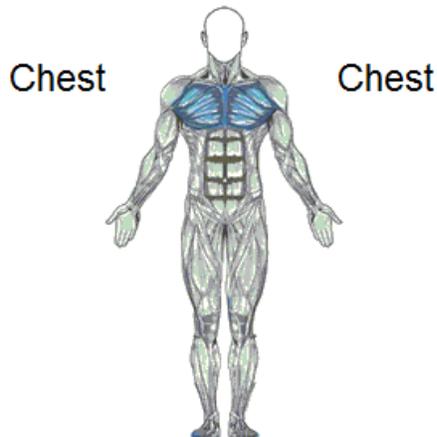
1. Lie down on a flat bench while holding a dumbbell in each hand, with your arms fully extended holding the weights right above your upper chest. The palms of your hands should be facing each other with your arms perpendicular on your torso. Place your feet firm on the ground a bit wider than shoulders width apart. This will be your starting position.
2. Slowly begin to lower down the weights in a wide 'arc like' motion, while simultaneously bending your elbows and bringing the weights all the way down until your upper chest muscles are fully stretched.
3. Squeeze in your upper chest muscles as hard as you can to return your arms carrying the weights all the way back up to their starting position. Make sure to use the same arc like motion you've used when lowering down the weights.
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, neck, lower back and/or wrists injury. A proper weighted set of dumbbells that are not too heavy should have you mostly engage your upper 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.

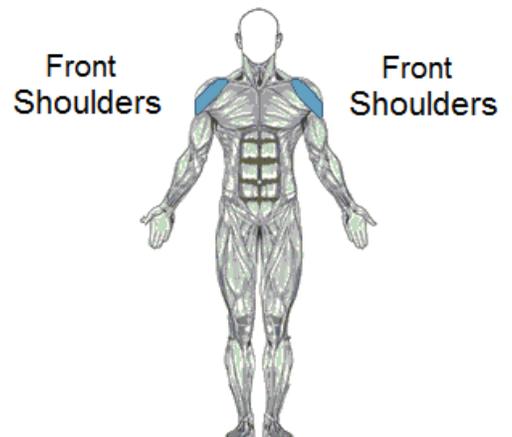
ALTERNATIVE EXERCISES: [Machine Incline Chest Press](#) / [SMITH Machine Incline Bench Press](#) / [Decline Push-Ups](#)

INCLINE BENCH DUMBBELL FLYS

PRIMARY MUSCLE



SECONDARY 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.

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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