

# SWISS BALL DUMBBELL PRESS (NEUTRAL GRIP)



1. Lie down with your back arched comfortably on a stable Swiss Ball while holding a dumbbell in each hand, with your arms fully extended holding the weights right above your 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 at about hips 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 torso, with both dumbbells right next to your chest and the palms of your hands facing your body.
3. Squeeze in your chest muscles as you press the weights all the way back up to their starting position until your arms are fully extended with the weights right above your chest, with the palms of your hands facing each other. 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.

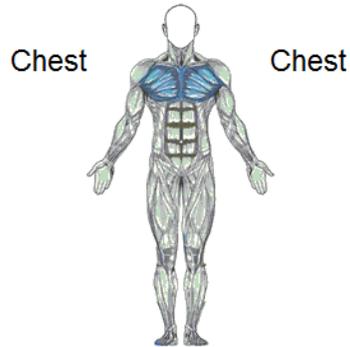
**CAUTION:** This exercise is meant to engage your chest muscles but it's also a balance & coordination exercise that will force you to also engage your core & legs muscles just to keep your torso balanced and centered on the ball while performing the exercise. NEVER use a heavy set pair of dumbbells when performing this exercise to avoid losing balance and getting injured.

## ALTERNATIVE EXERCISES:

[Stepper Dumbbell Press \(Neutral Grip\)](#) / [Band Chest Flys](#) / [Bent Knees Assisted Push-Ups](#)

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## PRIMARY MUSCLE

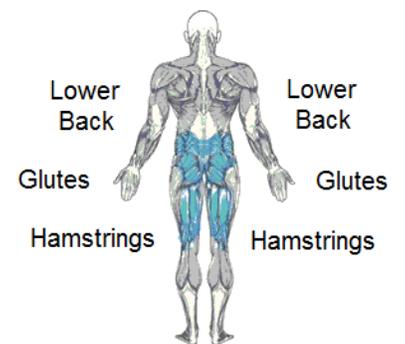
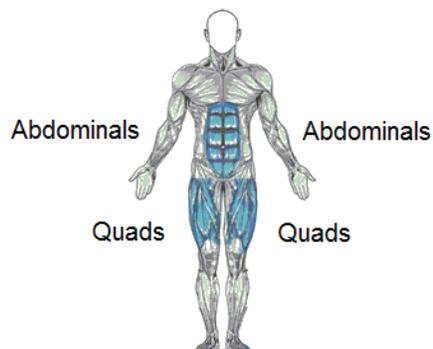
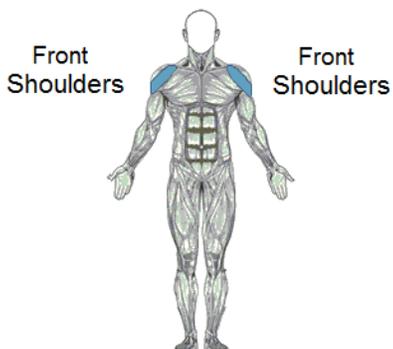


A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%60 - %70** 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 **%30 - %40** when performing this exercise.

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