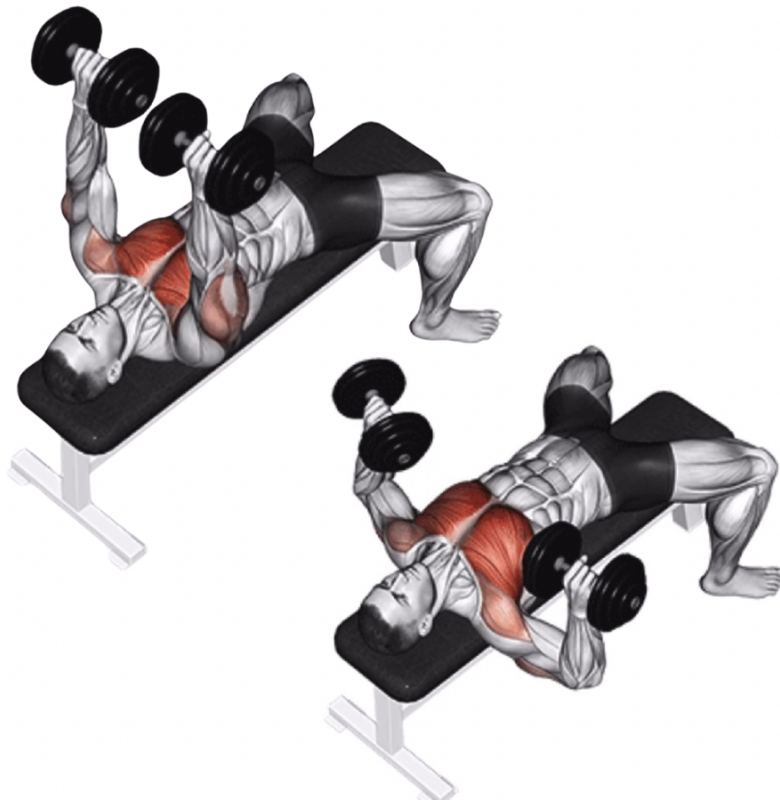


HOW TO PERFORM DUMBBELL BENCH PRESS

MUSCLES WORKED

PECS, TRICEPS, DELTOIDS



1. Gripping two dumbbells, sit on a bench before slowly lying down and extending your arms so that the dumbbells are above you, palms facing towards your feet.
2. Retract your shoulder blades by pulling your shoulder blades into the bench and pressing through your feet. This should create an arch in your lower back, which helps to protect the shoulder joint.
3. As you lower the dumbbells, keep the elbows tucked to prevent the elbows from flaring.
4. Lower the dumbbells in line with your mid chest, making sure to lower the dumbbells until they are either side of the chest.
5. Return to the starting position by pushing through your arms, chest and feet as you lift the dumbbells back up in an arc direction until your arms are extended.

COACHING TIPS:

The setup of the dumbbell bench press is important to ensure that the correct muscles are being targeted and to reduce injury risks.

Sometimes performers may feel pain in the shoulders which often occurs due to increased strain on the deltoids, which is due to form issues.

While the shoulders are involved in the dumbbell bench press, most of the weight should be lifted by the pectorals.

To avoid excess shoulder strain, pin the shoulder blades to the bench creating a slight arch in the back and ensure to tuck the elbows as you press rather than allowing them to flare outwards.

Think about creating an arrow shape with your arms and your head when in the bottom of the movement to ensure less strain on the shoulders.