

Level Five: Dumbbell Bench Press

The progression from here is to dumbbell bench press. We can move the user to a stable surface with the confidence that they have good control within the torso and shoulders.

1. Incline
2. Alternative DB



Teaching Points

- Sit down on a bench with the dumbbells resting on your thighs
- Kick the weights to shoulder level and lie back
- Position the dumbbells so they are in line with the chest (sternum) with the wrists locked, directly above the elbows
- Keeping your feet flat on the floor, core engaged and spine straight
- Press dumbbells up, so they come together above the chest (keep head on the bench throughout)
- Lower until the dumbbells are in line with the chest

Target Muscles

Primary Muscles: pectoralis major, anterior deltoid, triceps

Secondary Muscles: rectus abdominus, transverse abdominus, bicep brachii, erector spinae, glutes

Look out for: head coming up off the bench, range of movement in one arm different to the other, keeping feet flat on the floor, avoid thrashing the legs around, arching in the back, pushing hips up off the bench