



Workout Routine Sample

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Dumbbell Workout Routine for Chest

Printed on Apr 27 2010

Workout Routine Snapshot

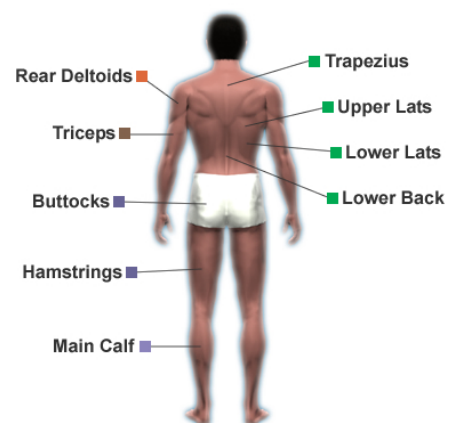
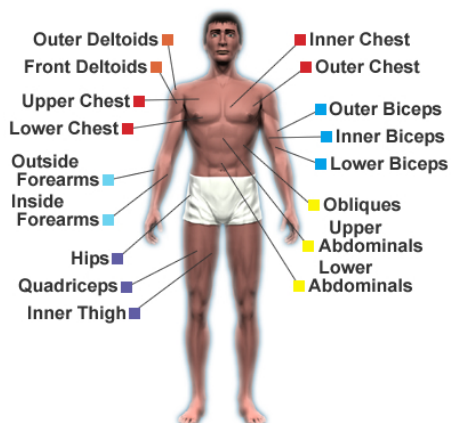
1 Workout Days









0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises

4 ■ Chest



 	<p>■ Chest Dumbbell Press</p> <p>Secondary Muscles Triceps</p> <p>Starting Position Lie down on your back on a bench and hold 2 dumbbells at chest level along your body.</p> <p>Motion Push the barbell straight up until your elbows are close to being locked and lower it back slowly after a short pause.</p> <p>Tips/Caution Breathe out while pushing the dumbbells and breathe in while lowering them back.</p>
 	<p>■ Chest Chest Fly (Dumbbells)</p> <p>Secondary Muscles Outer Chest, Front Deltoids</p> <p>Starting Position Lie down on your back on the bench and grab one dumbbell with each hand at shoulder height, elbows just slightly arched.</p> <p>Motion Raise the dumbbells until they are side by side on top of you and slowly lower them back after a short pause.</p> <p>Tips/Caution Try to maintain the same angle in your elbows throughout.</p>
 	<p>■ Chest Dumbbell Press - Incline</p> <p>Secondary Muscles Triceps, Upper Chest</p> <p>Starting Position Lie down on your back on an incline bench and hold 2 dumbbells at chest level along your body, palms facing forward.</p> <p>Motion Push the dumbbells straight up until your elbows are close to being locked and lower them back slowly after a short pause.</p> <p>Tips/Caution Breathe out while pushing the dumbbells and breathe in while lowering them back.</p>
 	<p>■ Chest Dumbbell Press - Decline</p> <p>Secondary Muscles Triceps, Lower Chest</p> <p>Starting Position Lie down on your back on a decline bench and hold 2 dumbbells at chest level, palms facing forward.</p> <p>Motion Push the dumbbells straight up until your elbows are close to being locked and lower them back slowly after a short pause.</p> <p>Tips/Caution Breathe out while pushing the dumbbells and breathe in while lowering them back.</p>