

## Dumbbell Bench Press/ Dumbbell Neutral Grip Bench Press

Dumbbell Bench Press is an exercise used to strengthen and develop power in the pectorals, upper back, and triceps. It can be used with a neutral grip or with a traditional grip.

### Beginning Position:

- Feet are anchored on the floor
- Hips are anchored on the bench
- Shoulder blades are squeezed together

### Downward Movement:

- Lower the dumbbells to the lower portion of the chest
- Keep the elbows at a 45° angle to the body

### Upward Movement:

- Punch the dumbbells to lockout
- Follow the same path that they were lowered in



Beginning Position



Downward Movement



Beginning Position (Neutral)



Downward Movement (Neutral)