

EXERCISE

Dumbbell Bench Press

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is a dumbbell chest press. It's an upper body movement, primarily working the chest front, head of the shoulders and the triceps.

Once your client is in a seated position with the dumbbells on their lap, you get your client to lie back. Once they're in this position, make sure that they've got a good stable base with their feet flat to the floor so that they feel strong.

And then from here, they're going to press their arms away from the body to the starting position. Then just give them a second or two here to make sure that they're stable.

After that you're going to ask your client to slowly load the dumbbells out to the sides, softening through the elbows - a brief pause at the bottom, and then drive and accelerate up and into the centre, pausing at the top.

The things that you might need to look out for on this one are

- the elbow position - making sure that as we're coming down and out to the side, that we're just keeping that nice and controlled. We're not flaring out too wide and we're tucking in too tight. We're keeping it around 40, 45 degrees. and that
- the movement is slow so that we don't have too much instability as we're working through with the dumbbells compared to a fixed bar like a barbell.

That's just what we've got to consider here. Just do two more for me, Dom. It's good.

Also, take the opportunity for you to change your body position so that you can make sure that you are looking at everything, particularly around the shoulders.

Okay, Dom, and relax there. Bring yourself back to a seated position.

Now, it's also important to note that particularly if your client is working with a heavy weight, that you might need to assist them getting the dumbbells into position. But for your warmup sets or for lighter weights, you can allow your client to go from this position here.

Main Muscles Involved

- Pectorals
- Anterior Deltoids
- Triceps

