

Exercise the right way – the decline dumbbell bench press

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**Exercise the right way – the decline dumbbell bench press**

**By Rick Mitchell**

**Exercise the right way – the decline dumbbell bench press by Rick Mitchell**

Other articles in this series looked at a number of exercises, mainly from the perspective of developing a comprehensive muscle building program. Sometimes we take things for granted, especially when it comes to performing the basic exercises that constitute the core of most bodybuilders' training regimes.

It is useful, therefore, to describe in detail the processes involved in actually doing these exercises. This will help beginners to start out using the correct techniques before moving on to potentially more dangerous heavy weights. If it also helps more experienced lifters to redress some of the little faults that have almost imperceptibly crept in over the years, all the better.

In this article we'll take a close look at the decline dumbbell bench press.

**MUSCLES TARGETED:** pectoralis major, anterior deltoids

#### **STARTING POSITION**

Sitting at the high end of a decline bench, make sure that ankles and feet are secured under the pads.

Grasp two dumbbells using an overhand grip.

Set the dumbbells in an upright position on your knees.

Lie on the decline bench whilst simultaneously bringing the dumbbells to the side of your chest on either side.

Raise the dumbbells to arm's length with the palms facing forward. Do not lock out the elbows.

This starting position sees the dumbbells touching each other, directly above the chest.

#### **EXERCISE TECHNIQUE**

Slowly bend the arms to lower the dumbbells to a position on either side of the chest. You should achieve a maximum stretch at this point.

Raise the dumbbells slowly to the starting position.

## Exercise the right way – the decline dumbbell bench press

Repeat this movement until you complete the intended number of reps.

### OTHER EXERCISES WORTH CONSIDERING

The Decline Barbell Bench Press places a similar emphasis on the lower part of the pectoralis major and the anterior deltoids. Other useful chest exercises have a slightly different emphasis and these include Push-Ups (mid chest), Flat Dumbbell Bench Press (mid chest), Flat Barbell Bench Press (mid chest), Flat Dumbbell Flys (mid chest), Incline Dumbbell Bench Press (upper chest), Incline Barbell Bench Press (upper chest), Incline Dumbbell Flys (upper chest) and Cable Crossovers (lower and mid chest).

Richard Mitchell is the creator of the [bodybuildingadvisor.com](http://bodybuildingadvisor.com) website that provides guidance and

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### **Exercise The Right Way – The Incline Dumbbell Bench Press**

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In this article we'll take a close look at the incline dumbbell bench press.

**MUSCLES TARGETED:** pectoralis major

#### **STARTING POSITION**

Grasp two dumbbells using a closed, pronated grip.

Assume a supine position on a bench.

Press the dumbbells to an extended elbow, parallel arm position above the face.

This is the starting point for all repetitions.

## Exercise the right way – the decline dumbbell bench press

### DOWNWARD MOVEMENT

Lower the dumbbells together towards the chest and aligned with the nipples.  
Keep the wrists rigid directly above the elbows.

### UPWARD MOVEMENT

Push the dumbbells upward until the elbows are fully extended.  
Keep the wrists rigid directly above the elbows.  
Do not arch back or raise chest to meet the bar.  
Repeat or finish set.

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