

Personal Training by Robert J. Bovee

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FLAT BENCH DUMBBELL FLIES

A. Emphasis. The primary muscles stressed in this movement are the chest muscles (pectoralis major and minor). The secondary muscles stressed are the shoulders.

B. Starting Position. Grab a dumbbell in each hand and carefully lay on a flat bench with you arms extended straight up toward the ceiling (palms facing). Push your chest up and squeeze your shoulder blades together. This will help to isolate the muscles in the chest.

C. Movement. With a slight bend in your elbows, take **2 to 3** seconds to lower the dumbbells out to the side until your elbows are level with your shoulders. Keep your wrists straight and keep your palms facing up toward the ceiling. Raise the dumbbells back up to the starting position, again keeping a slight bend in the elbows. Contract your chest muscles hard during the movement.

D. Training Tips.

- 1) Do not overextend your shoulders when raising the dumbbells up to the starting position. This will help isolate the chest muscles.
- 2) Keep your feet flat on the floor to help balance your body.
- 3) Avoid locking your elbows after you have raised the dumbbells. This will take the isolation out of the chest.

E. Options.

- 1) This movement can also be performed with cables if they are available. The technique will be the same with your chest aligned with the cable pulleys.
- 2) This movement can also be performed with your wrists supinated.

F. Warning Tips.

- 1) **Do not** overextend your shoulders when raising the dumbbells up. Failure to do so can result in serious injury to your shoulders.
- 2) **Do not** excessively arch your back or raise your hips off the bench. Failure to do so can result in serious injury to your back.
- 3) **Do not** lower the dumbbells any faster than **2 to 3** seconds. You must stay in control at all times during this movement. The faster you perform this movement, the less control you will have which will increase your risk of injury.