

BODYBUILDING & FITNESS : BEST DUMBBELL CHEST EXERCISES

13:31 By The Bodybuilding GYM



TOP DUMBBELL CHEST EXERCISES

Bursting out of a shirt tends to be a priority on most male's .to do. lists, especially during Summer. No-one can deny seeing the crowds queuing around the bench press every Monday in their local gyms

Yet, despite the determination, not many develop this muscle group to its full potential. The most common reason behind the pecs crisis is poor .mind-muscle. connection inability to .feel. the muscle working while performing an exercise. This can be the case especially for various barbell presses, and means poor muscle activation leading to poor growth. If that sounds familiar read on and find out how to up your game with top dumbbells exercises for chest and finally fill that shirt out.

1°Dumbbell Bench Press

This exercise is arguably the most effective free-weight movement for development of stubborn pecs. Dumbbell presses allow for better pecs contraction as you can bring the dumbbells together at the top of the movement.

These also allow for greater range of motion in comparison to barbell bench presses. this is especially true for people with short arms and wide rib cages.

Starting position : Lie down on a bench and bring the dumbbells above your chest Twist your wrist, so that your thumbs are facing each other (pronated grip).

x) Position your arms in line with your shoulder with slightly bent elbows slowly lower arms and spread your elbows as far as possible.

x) Hold the stretch for a second and use your chest to bring the arms up and close together, in a triangle-like motion do not allow the dumbbells to touch each other at the top.

x) In order to allow greater muscle contraction, tilt your wrists outwards; so that your thumbs are pointing slightly up.

x) Squeeze your chest and hold the contraction for a 1-2 seconds

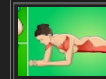
Sets and reps : 3-5 x 12, 10, 8, 6 reps (pyramid weight up)

[PAGE FACEBOOK](#)

Bodybuilding..
222 K mentions J'aime



Bodybuilding & Fitness Tips
J'aime cette Page

[POPULAR POSTS](#)

THIS EXERCISE CAN
CHANGE YOUR WHOLE
BODY!



THE TRUTH ABOUT
STARVATION DIETS AND
WEIGHT GAIN



WHAT ARE THE TOP 5
PROTEINS FOOD FOR
FASTER MUSCLE GAIN?



ACCELERATE YOUR
METABOLISM AND
BURN STOMACH FAT



THIS EXERCISE IS
MORE HELPFUL THAN
100 ABS



TOP GAINING TIPS -
HOW TO GAIN MASS
WITHOUT FAT



STRETCHING
EXERCISES & CORRECT
FORM



THE MOST EFFECTIVE
SHOULDER DUMBBELL
EXERCISES

[QUI ÊTES-VOUS ?](#)

TIPS : Using heavier weights will reduce your range of motion as the stacks of plates on dumbbells won't allow you to bring the dumbbells close together. However, if you place this exercise at the end of your workout, you will be able to fatigue the muscle with lower weight and using greater range of motion.



2°Crush-Grip Dumbbell Bench Press

Want to set your chest on fire?

The .crush-grip. is simply pressing both dumbbells against each other throughout the entire movement. Your chest needs to deal with applying force both horizontally (crushing dumbbells) and vertically (pressing dumbbells). This allows for incredible muscle activation and contraction!

Crush-Grip Dumbbell Bench Press

Starting position: Lie down on a bench and bring the dumbbells above your chest. Keep your palms facing each other (neutral grip) and bring the dumbbells together; aligning them so that weight plates touch each other.

- x) Position your arms in line with your shoulders and slightly bend your elbows.
- x) Squeezing your chest, press the dumbbells against each other as hard as you can.
- x) Maintaining the "crush-grip" lower the dumbbells down about an inch off your chest
- x) Immediately bring the dumbbells back up and contract your chest at the top for a second.

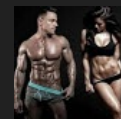
Sets and reps : 3-4 x 15 reps

TIPS : Using hex-shaped dumbbells will make this exercise much easier, reducing the likelihood of dumbbells gliding against each other and losing the .crush-grip.



3°Dumbbell Flies

The bread and butter of most chest training programmes... and for a good reason! Dumbbell flies allow for an



The Bodybuilding
GYM

Suivre 315

[Afficher mon profil complet](#)

VISITORS

Vis. today
35

Vis. today
35

ADS

URS.COM

R
SIR !

Soutien
s du CP
e
es matières

Tutorat
eurs en ligne
- 6j/7

60
MOIS
0%
ULE
SITE
MOIS

abonne

intense loaded stretch.

If performed correctly, the exercise is an amazing finisher to a chest session. However, the biggest mistake made by most trainees is bringing the dumbbells too close together, which leads to losing the muscle contraction.

Dumbbell Flyes

Starting position : Lie down on a bench and bring the dumbbells above your chest. Make sure that your palms are facing each other (neutral grip).

x) Position your arms in line with your shoulder and slightly bend your elbows

x) Slowly lower your arms in a wide arc until a stretch in your chest slight discomfort is normal; pain isn't. As you become more flexible, your safe range of motion will increase forcing will cause injury.

x) Hold the stretch for a second and use your chest to bring the arms back up in a wide arc the bend in your elbow should be constant and arms kept rigid. (Move shoulders only)

x) Dumbbells should not touch at the top, as this will cause loss of chest contraction Squeeze your chest tight for 1 second (imagine bringing your arms together with your pecs.)

Sets and reps : 3 x 12 reps

TIPS : You can put more emphasis on upper or lower part of the pecs by altering the trajectory of the movement – bring your arms up above your head to activate more clavicular fibres. Bring your arms up below your sternum to activate more coastal bundle

When experimenting with angles try to find a “sweet spot” where you can feel pecs more than your deltoids.



4°Twisting Dumbbell Bench Press

Twisting Dumbbells Bench Press is an exercise rarely seen, which fully exploits the non-fixed grip advantage of dumbbells.

The 180° rotation of the dumbbell throughout the movement aims to stimulate all the muscle fibre bundles of the pectoralis major. Twisting the dumbbells will force you to use less weight than in regular presses.

Therefore, you shouldn't focus on hitting your personal bests on this movement. Instead focus on perfect muscle isolation.

Twisting Dumbbells Bench Press

Starting position : Lie down on a bench and bring the dumbbells above your chest. Twist your wrist, so that your pinkies face each other (supinated grip).

x) Position your arms in line with your shoulder and slightly bend your elbows contract your chest and press the dumbbells against each other, forcing even more powerful contraction.

x) Slowly detach the dumbbells from each other trying to maintain the chest contraction lower your arms, spreading your elbows apart similarly as in regular dumbbell bench press.

x) Whilst lowering the dumbbells, slowly turn your wrists, so that your thumbs face each other (pronated grip) once reaching the bottom part of the movement.

x) Hold the stretch for a second and use your chest to bring the arms back up, again slowly twisting your wrists to a supinated grip at the top of the movement at his point squeeze your chest and press the dumbbells together and hold the contraction for 1-2 seconds

Sets and reps : 3 x 12-15 reps

5. Dumbbell Pull Overs

Dumbbell Pull-overs are often considered as a back exercise rather than chest exercise truth be told, it is both. The key element determining whether it will stimulate the former or the latter is the bend in your arms and range of motion; both explain in the step by step guide.

Similarly to dumbbell flies, the exercise allows for an intense loaded stretch. However, it targets the pectoralis major from a different angle; which effectively complements the flies.

Dumbbell Pull Overs

Starting position : Place a dumbbell upright, on top of a bench, just off the edge lie on your back across the bench, so that only your shoulder blades touch its surface:

Importantly, your neck should be off the bench to prevent cervical spine injuries.

x) Place your feet firmly on the ground and drop your hips down and grab the dumbbell in both hands press your palms against the inner-side of the weight plates: To ensure a secure grip you can tangle your thumbs around the handle and wrap your fingers around the edge of the dumbbell.

x) Place the dumbbell above your head, bend your elbows slightly (excessive bent will engage more back than chest) and flex your chest for a second.

x) Keeping your arms rigid, slowly lower the dumbbell behind your head until your arms are in line with your body, holding the stretch for a second and raise the dumbbell back until it's above your eyes.

x) Raising the dumbbell to just before your forehead will put more emphasis on your back squeeze your chest and keep the contraction for a second.

Sets and reps : 3 x 12 reps

TIP: You can super-set this exercise with dumbbell flies into a loaded chest stretch combo; which targets the muscle fibres from two opposite angles.



► VIVEZ LA
NOUVELLE EXPÉRIENCE EA FIT

SFR BUSINESS

SAMSUNG
Galaxy S8 | S8+

PROMOTION
RÉSERVÉE
AUX
ENTREPRISES

À partir de
149 €
au lieu de
369 € HT



DAS Galaxy S8 = 0,315 W/kg | DAS Galaxy S8+ = 0,260 W/kg



ABOUT BUILDMUSCLEGYM



WRITTEN BY ADMIN

Daily Tips For Bodybuilding and Fitness All You need HERE - Buildmuscle gym.com.

[Article plus récent](#)

[Accueil](#)

[Article plus ancien](#)

ADS

Powered by Google

ADVERTISING

[Privacy Policy](#)

