



FRF Exercise- Alternating DB Chest Press



Exercise overview: This is a great option to work the muscles of the chest, shoulders, and triceps. It will improve balance and stability in the shoulders and can add aesthetics to your chest. This movement can be done with a flat and/or incline bench.

Muscle Groups Involved: Chest, shoulders, triceps, and core.

Coaching Tips: Set up the dumbbells at the end of the flat or incline bench. Brace the core and pick the dumbbells off the floor. You should maintain a neutral grip with your palms facing inwards. Place the dumbbells on the edge of your quads and then push the dumbbells with your legs to lift them up. Lie with your back on the bench. The weights must be straight above your chest with your arms extended. Keeping one weight extended, slowly lower the weight on the other side so that your elbow is bent and the dumbbell lowers to the side of the outer chest. Don't go too wide or too narrow. Slowly push the dumbbell upward, under control, as far as you can without locking the elbow. Repeat the same motion on the other arm. Repeat as directed by your [FRF workout](#) and your level of fitness. Perform each rep with control.

[Click here for a video demonstration of this exercise](#)