**Decline Dumbbell Bench Press**

**Starting Position**
- Position the dumbbells on either side of the bench or have spotters ready to hand off to the lifter.
- Sit on the high edge of the decline bench with feet under the restraining bar.
- Then lie back on the bench.
- Lift the dumbbells to a fully extended arm position, directly above the shoulders.

**The Lift**
- Lower the dumbbells to the chest.
- Keep elbows pointed outward.
- Lower the weights through a full range of motion (approx. shoulder level), then press them back to the starting position.
- Inhale while lowering the dumbbells, exhale while pressing back to arms' length.
- Do not hold your breath.

**Muscles Worked**
Pectoralis major and minor, deltoids, triceps.

**Spotting and Safety**
It is recommended that spotters be used to ensure that the lifter handles the dumbbells safely, and to help establish the starting position.
Barbell Step-Up

Starting Position
- Adjust a secure stepping box or bench so the elevated knee is bent slightly less than 90°.
- Take the barbell from squat racks or clean from the floor and place on the trapezius.
- Stand approximately 8 in. from the box or bench.

The Lift
- Place one foot on the elevated surface.
- Make sure the foot is placed well onto the surface and not near the edge.
- With the elevated foot securely in place, extend the knee and hip to step up to a fully extended leg position.
- The trailing foot should come in line with the lead foot.
- Then lower the lead foot to the floor and follow with the trailing foot to complete the repetition.

Muscles Worked
Extensors of the knee and hip.

Variation
All reps may be performed on one leg prior to switching legs. Alternating pattern can be up right, up left, down right, down left, or up right, up left, down left, down right.

Safety
This movement should be practiced with an empty bar to help lifters find the proper positions for stepping up or down. Dumbbells may be used, holding the weights along the sides with arms straight. Lifter should be careful not to catch the trailing foot and trip when stepping up. Alert spotters are a must for this exercise. They should be ready to help the lifter maintain balance and should help remove the barbell if the load is too heavy for the lifter to complete a full step.