Dumbbell Incline Press

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TYPE OF EXERCISE:
Upper body and multijoint

MUSCLES USED:
Pectoralis major, pectoralis minor, deltoid (anterior), serratus anterior, triceps brachii

Starting Position

- Select two dumbbells of equal weight with a closed grip.
- Place the dumbbells on the floor next to the lower end of an adjustable bench.
- Adjust the bench such that the upper end of the bench is set at a 45° upward angle and the base of the bench is tilted upward to prevent lifter from sliding.
- Lift the dumbbells up from the floor by using the legs.
- Align the dumbbells such that the end closest to the little finger is against the front of the thighs (hands are facing in and handles are parallel to each other).
- Sit down on the lower end of the adjustable bench with the dumbbells resting on the top of the thighs.

- Lean back to the incline position such that the dumbbells are moved to the lateral aspect of the chest slightly above the armpit and nipple level while in the incline position.
- Position the feet flat on the floor and the head, shoulders, and buttocks evenly and firmly on the bench.
- Dumbbells should be rotated to place the thumb side of the dumbbell against the upper lateral portion of the chest such that both handles are in line with one another; simulate a barbell running through both dumbbell handles. Another option is to perform the exercise with the dumbbells kept in the neutral position (parallel to each other).
- Each repetition will begin from this same position (Figure 1).

Figure 1. Beginning of ascent.
Ascent (Upward Movement)

- Press the dumbbells upward and together with control.
- Keep the head, body, and feet in their original position. Do not arch the lower back.
- The wrists should remain firm and straight, the forearms almost perpendicular to the floor and the hands aligned with each other.
- Do not allow the dumbbells to move out of control as they are being raised.
- Press the dumbbells upward until the elbows are fully extended but not locked.
- Bring the dumbbells together with control at the completion of the movement directly above the eyes; do not bang the dumbbells together (Figure 2).
- Exhale as the dumbbells are lifted.

Descent (Downward Movement)

- Lower and separate the dumbbells with control toward the upper chest.
- To maintain a stable position on the incline bench, lower both dumbbells at the same rate.
- Keep the wrists firm and straight, the forearms almost perpendicular to the floor, and the hands aligned with each other.
- Avoid movements forward and backward or side-to-side.
- Lower the dumbbells to a lateral portion of the chest slightly above the armpit and nipple level.
- Dumbbells should be lowered to a lateral portion of the chest such that both handles are in line with one another where a barbell would touch the upper chest.
- Dumbbells should not be bounced off the chest at the bottom position.
- Avoid arching the back to lift the chest upward.
- Maintain a stable position with the feet flat on the floor and the head, shoulders, and buttocks evenly and firmly on the bench.
- Inhale as the dumbbells are lowered.

Completion of the Set

- After lowering the dumbbells to the upper lateral chest on the last repetition, rotate the dumbbells toward the midline of the body and lower them to the thigh.
- Sit up completely and return the dumbbells to the dumbbell rack or floor.

Figure 2. Completion of ascent and beginning of descent.

Thank You!