

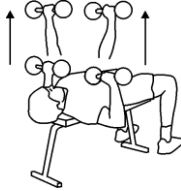
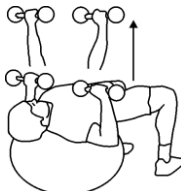
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[www.Body-Sculpting-Exercises.com](http://www.Body-Sculpting-Exercises.com)



**THIS PAGE IS FOR INFORMATIONAL PURPOSES ONLY. YOU MUST ALWAYS CONSULT A CERTIFIED HEALTH PROFESSIONAL BEFORE BEGINING ANY TYPE OF EXERCISE AND BE APPROVED FOR SUCH ACTIVITIES.**

## DUMBBELL CHEST EXERCISES

<b>A1</b>	<b>FLAT DUMBBELL CHEST PRESS</b>  		<b>SETS</b>	<b>REPS</b>	<b>Tempo</b>			<b>Weight</b>	<b>Rest</b>
					↓	—	↑		
		<b>Semaine 1-2</b>	3	12-15	2	0	1		60 SEC
		<b>Semaine 3-4</b>	3	12-15	2	0	1		60 SEC
		<b>Semaine 5-6</b>	3	12-15	2	0	1		60 SEC
		<b>Semaine 7-8</b>	3	12-15	2	0	1	60 SEC	
		<p>THE EXERCISE CAN BE PERFORMED ON A BALL OR A BENCH</p> <p>VERIFY THAT YOUR ELBOW IS IN LINE WITH YOUR SHOULDER AT A 90 DEGREE ANGLE- TO PRESS UP.</p> <p><b>Note:</b> NEVER BRING YOUR ARM BELOW A 90 DEGREE ANGLE.</p> <p>DO THE MOVEMENT SLOWLY AND WITH CONTROL- TRY NOT TO SWING THE WEIGHT.</p>							

<b>B1</b>	<b>INCLINE DUMBBELL CHEST FLY</b>  		<b>SETS</b>	<b>REPS</b>	<b>Tempo</b>			<b>Weight</b>	<b>Rest</b>
					→	—	←		
		<b>Semaine 1-2</b>	3	12-15	2	0	1		60 SEC
		<b>Semaine 3-4</b>	3	12-15	2	0	1		60 SEC
		<b>Semaine 5-6</b>	3	12-15	2	0	1		60 SEC
		<b>Semaine 7-8</b>	3	12-15	2	0	1	60 SEC	
		<p>THE EXERCISE CAN BE PERFORMED ON A BALL OR A BENCH</p> <p>PLACE YOURSELF AT A 45 DEGREE ANGLE LYING ON THE BALL OR BENCH.</p> <p><b>Note:</b> YOUR ARMS ARE ROUND AND BENT.</p> <p>YOUR ARMS OPEN AND CLOSE- BUT YOUR ELBOWS DO NOT GO BELOW YOUR SHOULDERS WHEN YOU OPEN UP IN YOUR FLY MOVEMENT.</p>							