Dumbbell Chest Workout

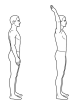
Dumbbells and the floor, no bench: floor presses heavy and close, then push ups wide and standard to finish the chest off.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Strength	Upper body	Intermediate	30 min	Dumbbells

WARM UP

Once through, at an easy pace

Arm Circles



30 s

Scapular Push-Up



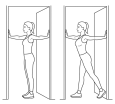
10 reps

Knee Push-Up



8 reps

Doorway Chest Stretch

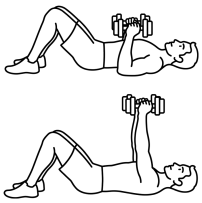


30 s

MAIN

All sets of a move, then the next

1 Dumbbell Floor Press

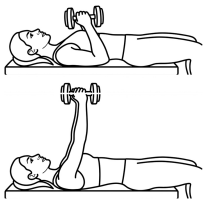


4 × 8-10

rest 90 s

Upper arms touch the floor softly, then press

2 Dumbbell Close-Grip Press

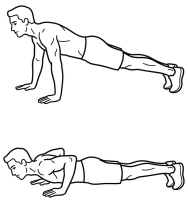


3 × 10

rest 60 s

Squeeze the dumbbells together the whole way

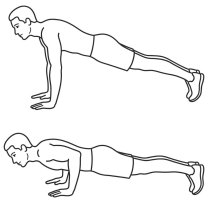
3 Wide-Grip Push-Up



3 × 8-12

rest 60 s

4 Push-Up

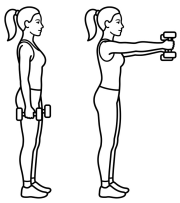


3 × 8-12

rest 60 s

On the knees once the form goes

5 Dumbbell Front Raise



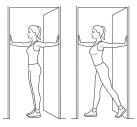
2 × 10

rest 45 s

COOL DOWN

Once through, at an easy pace

Doorway Chest Stretch



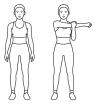
45 s

Standing Pectoral Stretch



30 s
each side

Cross-Body Shoulder Stretch



30 s
each side