

Chest: DB Press Stability Ball

Targets:	Balance, Core, Chest, Shoulders, Triceps
Starting Position:	<ul style="list-style-type: none">• Sit down on stability ball and walk lower body out until center of Ball has rolled up your back to just below your shoulder blades.• Knees should be at about 90 degree angle.• Feet should be flat on floor slightly wider than shoulder width.• Weight should be held in hands with palms facing knees and elbows directly below wrists.• Relax your chest muscles so the weight can stretch them.
Movement:	<ol style="list-style-type: none">1. Press DBs toward ceiling.2. As you press DBs, rotate them so that palms are facing each other.3. Continue to press until arms are straight.4. When arms are straight, touch DBs together.5. Return to starting position by rotating palms away from each other and lowering DBs.
Ending Position:	Arms extended with DBs rotated in and palms facing each other.
Movement Keys:	<ol style="list-style-type: none">1. Exhale while pressing DBs up; inhale when returning to starting position.2. Maintain stable body position.
Alternatives:	Use a flat or incline bench instead of the stability ball.



Starting Position



Ending Position