

Dumbbell Chest Workout record

Choose floor OR flat-bench press: 3 x 8-12; rest 90-120 sec.

Optional wall push-up: 2 x 6-12; rest 60-90 sec.

Returning exercisers can begin with 1-2 press sets and omit the extra press.

Floor, bench or wall setup

Load per dumbbell and unit

Repetitions by set

Weight entry and exit rehearsal

Repeatable comfortable press depth

Rest and optional wall push-ups

Other pressing this week

Next session and unresolved questions

Editorial examples, not personal clearance or a rehabilitation prescription.

Use familiar comfortable movements and compatible equipment. Stop for sharp or worsening pain.

Keep unknown setup details visible; do not force a load or attachment to complete the table.