

## Muscle Group: Chest

### Machine Exercise: Biaxial Chest Press

#### Setting up the machine:



Pull the pin for adjustment. Position the arm according to your desired range of motion.



Lift the front of the seat for height adjustment. Position the seat so that the chest is in line with the handles.

#### The Exercise



Grab the handles with a palms-down grip and lift your elbows so that your upper arms are parallel to the floor to the sides of your torso. Once you bring the handles forward and extend the arms you will be at the starting position.



Now bring the handles back towards you as you breathe in. Push the handles away from you as you flex your pecs and you breathe out. Hold the contraction for a second before going back to the starting position.



## Muscle Group: Chest

### Free Weight Exercise

#### Dumbbell Bench Press



Lie down on a flat bench with a dumbbell in each hand resting on top of your thighs. Then, using your thighs to help raise the dumbbells up in front of you at shoulder width.



Use your chest to push the dumbbells up. Lock your arms at the top of the lift and squeeze your chest, hold for a second and then begin coming down slowly

#### Barbell Bench Press



Lie back on a flat bench with feet firm on the floor. Using a wide, pronated (palms forward) grip, lift the bar and hold it straight over you with your arms locked. The bar will be perpendicular to the torso and the floor. As you breathe in, come down slowly until you feel the bar on your middle chest.



After a second pause, bring the bar back to the starting position as you breathe out and push the bar using your chest muscles. Lock your arms and squeeze your chest in the contracted position, hold for a second and then start coming down slowly again.



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### Free Weight Exercise

#### Body Weight Push Up



Lie on the floor face down and place your hands slightly greater than shoulder width apart while holding your torso up at arms length.



Lower yourself downward until your chest almost touches the floor. Press your upper body back up to the starting position while squeezing your chest.

#### BOSU Push Up



Turn a Bosu ball over, so that the halfball portion is on floor. Assume a pushup position and place your hands on the sides of the Bosu's platform. Brace your core and glutes.



Lower yourself downward until your chest almost touches the surface of the BOSU. Press your upper body back up to the starting position while squeezing your chest.



## Muscle Group: Chest

### Free Weight Exercise

#### Stability Ball



Place the stability ball in front of you. Place both hands on the ball, then walk your feet back until you are in a push up position. Brace your core and glutes.



Lower yourself downward until your chest almost touches the ball. Press your upper body back up to the starting position while squeezing your chest.