

## Muscle Group: Chest

### Machine Exercise: Chest Press



1. Pull out the handle for adjustment of the weight.



2. Pull the handle up to adjust the seat. Raise or lower the seat until the shoulders are aligned with the handles.



3. Push the pedal with the feet to move the handles forward.



4. Hold the handles with both arms. Keep the back straight with both feet on the ground.



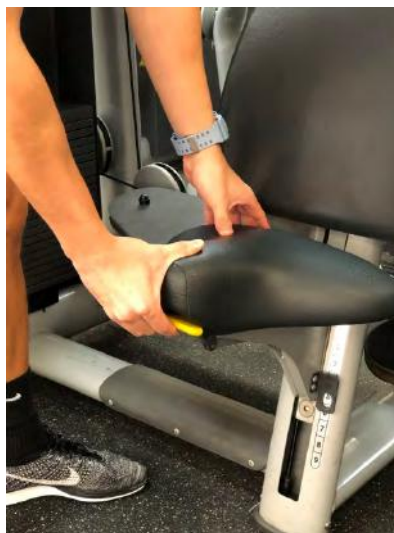
5. Press the handles forward while straightening the arms. Keep the arms a little bent at the end, not locking the elbow joints.

## Muscle Group: Chest

### Machine Exercise: Pectoral Flye



1. Pull out the handle for adjustment of the weight.



2. Pull the handle up to adjust the seat. Raise the seat until the shoulders are aligned with the handles while seated.



3. Sit up straight and place your arms on the pads, with the arms making a 90° angle with the body.



4. Move your elbows towards each other while using your pectoral muscles.



## Muscle Group: Chest

### Machine Exercise: Cable Chest Flye



1. Pull out the handle for adjustment of the weight.



2. Choose the right handle and change it onto the machine.



3. Hold both handles and stretch out both arms to the side.



4. Pull the handles towards each other while keeping the arms straight.

## Muscle Group: Chest

### Machine Exercise: Barbell Bench Press



1. Add or remove weight plates for exercise.  
Use the clip to lock the weights.



2. Lay down on the bench with your eyes under the bar. Using a slightly wider than shoulder width grip, lift the bar and position just above the chest.



3. Lower the bar towards the body and straighten it again using your pectoral muscles.

## Muscle Group: Chest

### Machine Exercise: Incline Barbell Chest Press



1. Lift the safety hook up for adjustment. Align it on chest level.



2. Pull the handle to adjust the seat to where you still can reach the bar.



3. Position your hands on the bar with a slightly greater than shoulder width grip.



4. Push out, lifting the bar off the rack. Position it straight above the chest



5. Lower the bar to just above the chest and then push it back up.

## Muscle Group: Chest

### Machine Exercise: Smith Machine Chest Press



1. Add or remove weight for the exercise.



2. As the bar is still locked, lie down on the bench and position the hands on the bar.



3. Stretch out the arms and turn the wrists to unhook the bar.



4. Position the bar just above the chest with both arms straight.



5. Lower the bar to just above the chest and then push it back up.

## Muscle Group: Chest

### Free Weight Exercise

#### Dumbbell Bench Press



1. 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.
2. Use your chest to push the dumbbells up. Lock your arms at the tops of the lift and squeeze your chest, hold for a second and then begin coming down slowly.

#### Barbell bench press



1. 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.
2. After the 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.

## Muscle Group: Chest

### Free Weight Exercise

#### Bodyweight push up



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



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

#### Stability ball push up



1. 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.



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