



Muscle Group: Chest

Machine Exercise: Chest Press



Pull out the handle for adjustment of the weight.



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



Pinch the handles together to adjust the starting position and range of motion.



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



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: Chest Flye



Pull out the handle for adjustment of the weight.



Pull the handle up to adjust the position of the handles.



Pull the handle up to adjust the seat so arms are horizontal



Sit up straight and hold the handles, with the arms making a 90° angle with the body.



Move your hands towards each other while using your pectoral muscles.

Muscle Group: Chest

Machine Exercise – Cable chest press



Pull out the handle for adjustment of the weight.



Pull the handle to adjust the pulley to align with shoulders.



Change the handles at the end of the cable. Choose single-handed handles.



Stand in front of the machine with the arms straight to the side.



Push the handles towards each other to the front while using the pectoral muscles.



Muscle Group: Chest

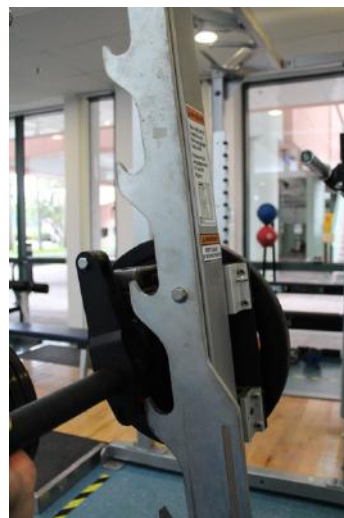
Machine Exercise: Smith Machine Chest Press



Add or remove weight for the exercise.



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



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



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



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



Muscle Group: Chest

Machine Exercise: Barbell Bench Press



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



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.



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

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.

Muscle Group: Chest

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.