



CHEST EXERCISES

BENCH PRESS- Lay down on your back with your feet firmly planted on the floor. Grasp the bar with an overhand grip (palms facing forward) with your hands at wider than shoulder width. Take the bar off the rack. Slowly lower the bar straight down to the middle of your chest. Do not let the bar touch your chest! Pause, and then slowly raise the bar back up. Do not lock your elbows out or rest at the top, go straight back into your next rep. Repeat this process for your desire reps.



INCLINE FLIES- Sit on an inclined bench with the dumbbells resting on your quads. You want to bring them up so that your hands are just above shoulder height. From there I slowly push the weight up and squeeze the dumbbells closer together along the way. Lower the weight slowly and repeat.



INCLINE PRESS- Setup for the incline bench press by setting the bench to an angle of between 30 and 40 degrees. Lie back on the bench with your feet firmly on the floor and grasp the barbell with a wider than shoulder width overhand grip (palms facing your feet). Slowly lower the weight down to the top of your chest as far as possible without touching your body. Pause, and slowly raise the back to the starting position. Do not lock your elbows.