

HOW TO GET A CHISELED CHEST

CHISELED CHEST



Model James Pushia

By Shane Doll, CPT

This month the spotlight is on exercises to develop a great chest. I've shown my favorite alternatives to traditional free weight bench presses. These exercises will not only give you an amazing pump, but they'll also help you develop functional strength. Perform these movements with regularity and you definitely won't be embarrassed to take your shirt off this summer at the beach.

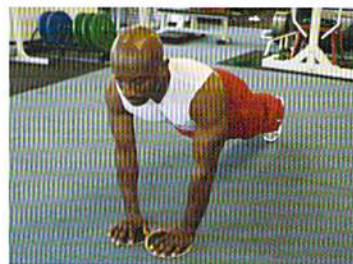
1. Dips: Align your hands over your shoulders, cross your feet, and keep your body in a straight line as you descend into the dip movement. Lower yourself until your arms are parallel to the floor and return to the starting position. Add a weight belt for increased resistance.

1



2. Slider Push-Up's: Place your hands on two furniture slider discs on carpet or other smooth surface in a traditional push-up position. Push the discs outward as you lower your chest to the floor. Bring the discs back to the starting position as you ascend from your push-up.

2



3. Cross-Over Push-Up's with Step: Place one hand on an aerobic step and the other on the floor in a traditional push-up position. Cross your hands over from the front as you move to the other side and descend into the push-up. Reverse the movement and repeat.

3



4. Cable Fly's: Stand facing away from a cable crossover or dual pulley machine. Align the handles at shoulder width and grasp with palms facing downward. Perform the movement by bringing the handles together in front of your chest. Contract your chest as you pause in the middle and return to the starting position.

4



5. Resistance Band Push-Up's: Place a resistance band over your upper back while on the floor in a push-up position and grab the ends with both hands. Hold the bands in place with your thumbs keeping your hands flat on the floor and drive upwards to the top of the movement. Return to the bottom position and repeat.

5



Shane Doll CPT, CSCS is the owner of Shaping Concepts Fitness Training Studios. To see videos of these and other great leg exercises go to www.shapingconcepts.com.