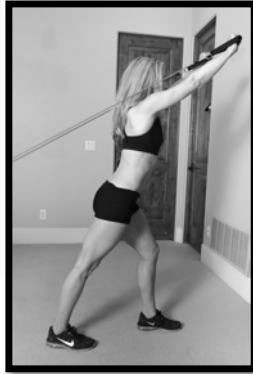


CHEST EXERCISES

Chest training forms the foundation of any good upper body workout routine.

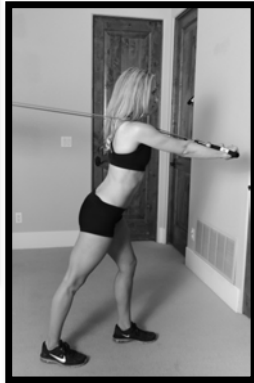
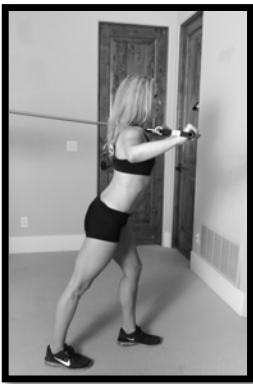
Your chest exercises will hit the chest muscles, but also typically call into play the shoulders, triceps, and even your biceps as well. This makes them an ideal and well-rounded activity.

When doing your chest training, make sure to keep great mind-muscle control as well, ensuring you are always pushing through the chest and making those muscles do the brunt of the work.



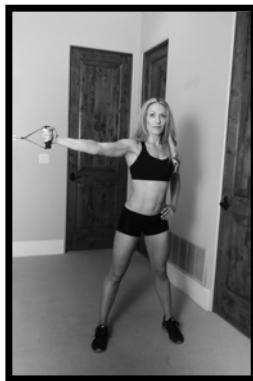
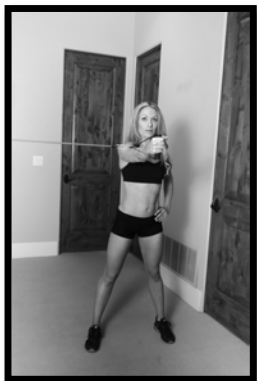
HIGH CHEST PRESS (TWO ARM STANDING)

- 1.) Secure the door anchor at shoulder height.
- 2.) Attach each end of the Resistance Bands to the anchor.
- 3.) Grip the handles with each hand and step away from the door until you reach the desired tension.
- 4.) Elbows are in line with your shoulder, bend slightly at the waist and look straight ahead.
- 5.) Push the handles forward together with your elbows up until your arms are nearly straight.
- 6.) Return to the start position and repeat desired reps.



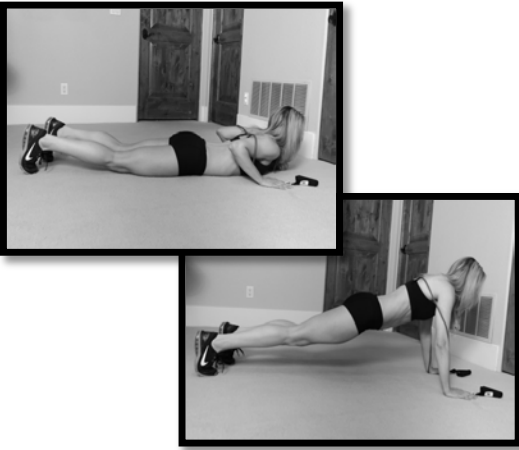
LOW CHEST PRESS (TWO ARMS STANDING)

- 1.) Attach the door anchor at the top of the door.
- 2.) Stand about 3 to 4 feet away from the door, one foot in front of the other for balance, holding each end of the resistance band in either hand at about shoulder height level.
- 3.) Keeping the body upright, press the hands directly forward using the chest muscle to drive the movement pattern.
- 4.) Hold the extended position for a second and then return the arms back to the starting position to complete the rep.



ONE ARM CHEST FLY (STANDING)

- 1.) Attach the door anchor at about shoulder height level.
- 2.) Stand 3-4 feet away from the door, body perpendicular to the door, holding the resistance band directly in front of the body at shoulder height level.
- 3.) From there, allow the arm to move sideways towards the door until it's pointing directly to the door but not hyperextending the shoulder joint.
- 4.) Pause in this position and then return the arm to the starting position directly in front of the body.
- 5.) Once all reps are completed, switch sides and repeat.



RESISTED PUSH UP

- 1.) Get down on the floor, stomach down with the resistance band wrapped around your body, holding either end in your hands placed just below the shoulders.
- 2.) Legs should be extended directly beneath you. From there, push directly upward, extending the elbows as you lift yourself up off the ground.
- 3.) Make sure that you maintain a flat back position the entire time throughout this lift.
- 4.) Pause at the top and then slowly lower back down to complete the rep.

TWO ARM CHEST FLY (SEATED)



- 1.) Attach the door anchor to the middle of the door and place an exercise ball 3-4 feet away from the door.
- 2.) Sit on top of the exercise ball, facing away from the door, holding the band in either hand with the arms out to the side of the body like you were going to hug someone.
- 3.) From there, keep the abs tight and then move the hands directly together, keeping them perpendicular to the rest of your body.
- 4.) Once touching, pause and then move them back out so they are in alignment with the shoulders to complete the rep.