

EXERCISE OF THE MONTH

Chest Press

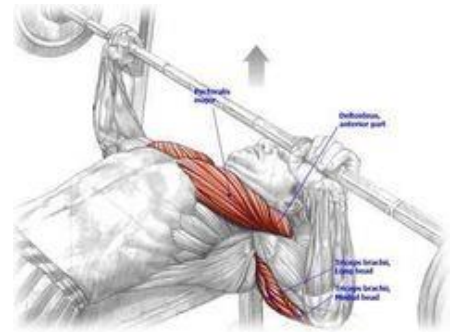
Start Position



End Position



Muscle Groups Exercised



How To Perform

Lie on your back and position yourself on the bench so the bar is directly over your eyes. Once the bar is unracked, position the bar over your chin or upper chest with your elbows straight. Inhale and in a slow and controlled manner, lower the barbell to lightly touch the middle of your chest - just below the armpits. The wrists should remain in neutral and your forearms vertical to the floor. Maintain all points of contact with the bench and keep your feet firmly on the floor/riser throughout the exercise.

How To Perform

Exhale and gently press the bar up to straighten the elbows taking the bar to the original starting position with the bar positioned over your chin or upper chest. Do not allow the back to arch away from the bench.

Coaching Tips

- ✓ If needed have a spotter
- ✓ Perform full range of motion
- ✓ Find a comfortable grip width
- ✓ Performing the exercise with the elbows close to your sides emphasizes more triceps. Performing the exercise with the elbows flared out from the body emphasizes more pectorals.

**** See your PFT for alternative exercise variations and equipment***