Title: Resistance Band Chest Press

Primary Muscle Groups: Chest

Secondary Muscle Groups: Abs, Shoulders, Triceps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Attach a resistance band to a door frame or other stable surface. The base of the band will come to the level of your knees/thighs. Holding each handle, turn away and walk forward. Take a left leg lead stance.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Brace your core as you slowly push the resistance bands in front of you. Do not lock out the elbows.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Slowly return to the starting position, focusing the tension in the chest. Once your elbows are at a 90 degree angle, pause and begin again.</span></li>

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