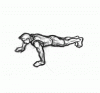
pushups

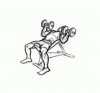
[[](http://www.makeoverfitness.com/other-chest-exercises/7467-push-ups)](http://www.makeoverfitness.com/other-chest-exercises/7467-push-ups)

Target Muscles: Chest

Equipment: None

Instructions: Kneel down and place hands slightly wider than shoulder width. Keeping legs straight, push body up. Keep abs tight and back straight. Keep arms extended and in line with the chest. Shoulders can be slightly squeezed together (retracted). Throughout motion, shoulders form 90 degree angle to body. In a controlled motion, start lowering body until upper arms are approximately parallel to floor. Elbows must remain over hands. While maintaining the controlled motion, push body up to starting position without locking out elbows. Do not allow muscles to relax before next repetition.

[**Incline Dumbbell Press**](http://www.makeoverfitness.com/upper-chest-exercises/7465-incline-dumbbell-press)

[](http://www.makeoverfitness.com/upper-chest-exercises/7465-incline-dumbbell-press)

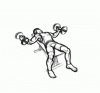
Target Muscles: Upper Chest

Equipment: Dumbbells and Bench

Instructions: Lie face up with bench at 25 to 30 degree angle. Place feet flat on floor to maintain lower back in a flat or neutral position (slight arch). Keep arms vertical and dumbbells directly over chest with wrists straight. Keep shoulder blades squeezed together (retracted) and maintain position throughout entire exercise. Throughout motion, shoulders form 90 degree angle to body. In a controlled motion, start lowering dumbbells in a triangular manner until upper arms are approximately parallel to floor. Dumbbells must remain over elbows. While maintaining the controlled motion, push dumbbells up to starting position without locking out elbows. Do not allow muscles to relax before next repetition.

Tags: [Chest](http://www.makeoverfitness.com/exercise-find/tag/112)[Dumbbell](http://www.makeoverfitness.com/exercise-find/tag/127)

[**Flat Dumbbell Fly**](http://www.makeoverfitness.com/outer-chest/7466-flat-dumbbell-fly)

[](http://www.makeoverfitness.com/outer-chest/7466-flat-dumbbell-fly)

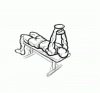
Target Muscles: Chest

Equipment: Dumbbells and Bench

Instructions: Lie face up on bench. Place feet flat on floor to maintain lower back in a flat or neutral position (slight arch). Keep arms vertical and dumbbells directly over chest with wrists straight. Keep shoulder blades squeezed together (retracted) and maintain position throughout entire exercise. Keep elbows fixed, maintaining a slight bend. Avoid bending the elbow joint during the exercise. Throughout motion, shoulders form 90 degree angle to body. In a controlled motion, start lowering dumbbells until upper arms are approximately parallel to floor. Keep elbows fixed, maintaining a slight bend. While maintaining the controlled motion, draw arms up to starting position. Do not allow muscles to relax before next repetition.

Tags: [Chest](http://www.makeoverfitness.com/exercise-find/tag/112)[Dumbbell](http://www.makeoverfitness.com/exercise-find/tag/127)

[**Dumbbell Pullovers**](http://www.makeoverfitness.com/upper-chest-exercises/7464-dumbbell-pullovers)

[](http://www.makeoverfitness.com/upper-chest-exercises/7464-dumbbell-pullovers)

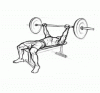
Target Muscles: Upper Chest

Equipment: Dumbbell and Bench

Instructions: Lie face up on bench. Place feet flat on floor. Keep arms perpendicular to the floor with dumbbell locked in hands. Keep elbows fixed, maintaining a slight bend. Stay in good body alignment (abs tight, chest up, back straight). In a controlled motion, keeping elbows fixed, begin lowering arms over head. Avoid lowering dumbbell past head. Stretch lat muscles to a comfortable position without compromising form; avoid excessive arching of the low back. While maintaining the controlled motion, contract lat muscles and return arms to starting position. Do not allow muscles to relax before next repetition.

Tags: [Chest](http://www.makeoverfitness.com/exercise-find/tag/112)[Dumbbell](http://www.makeoverfitness.com/exercise-find/tag/127)

[**Bench Press With Barbell**](http://www.makeoverfitness.com/other-chest-exercises/7463-barbell-bench-press)

[](http://www.makeoverfitness.com/other-chest-exercises/7463-barbell-bench-press)

Target Muscles: Chest

Equipment: Barbell and Bench

Instructions: Lie face up on bench. Place feet flat on floor to maintain lower back in a flat or neutral position (slight arch). Grip bar with hands slightly wider than shoulder width. Keep arms vertical and bar directly over chest with wrists straight. Keep shoulder blades squeezed together (retracted) and maintain position throughout entire exercise. Throughout motion, shoulders form 90 degree angle to body. In a controlled motion, start lowering bar until upper arms are approximately parallel to floor. Hands must remain over elbows. While maintaining the controlled motion, push bar up to starting position without locking out elbows. Do not allow muscles to relax before next repetition.

 Video:   [Male](http://www.youtube.com/watch?v=whitHNSryjs)     [Female](http://www.youtube.com/watch?v=EkwBOfyWqaw)

Tips do execute a proper bench press and get the best results:

Lifting the bar

Hold the bar above your sternum at the beginning

Make sure your wrists are straight

Push your heels into the floor

Squeeze your shoulder blades down and together and hold them as tight as you can during each set. This creates a stronger foundation for you to press from, which allows you to generate greater force.

Lowering the weight

Make sure the bar is directly above your elbows at all times.

Lower the bar to your sternum.

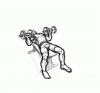
Drive your head, upper back, and shoulders into the bench.

Don’t allow your butt or hips to raise up off the bench.

Pull your elbows toward your sides.

Tags: [Chest](http://www.makeoverfitness.com/exercise-find/tag/112)[Barbell](http://www.makeoverfitness.com/exercise-find/tag/124)

[**Dumbbell Flat Bench Press**](http://www.makeoverfitness.com/other-chest-exercises/5638-bench-press)

[](http://www.makeoverfitness.com/other-chest-exercises/5638-bench-press)

Target Muscles: Chest

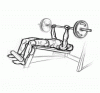
Equipment: Dumbbells

Start: Lie on a flat bench holding two dumbbells up over your middle chest with an overhand grip and straight arms.

Finish: Pinching your shoulder blades back, bend your elbows and slowly lower the dumbbells until they're right next to your armpits, a few inches higher than chest level. Pause, then press the dumbbells back up, bringing your hands close together without clanking the weights.

Tags: [Chest](http://www.makeoverfitness.com/exercise-find/tag/112)[Dumbbell](http://www.makeoverfitness.com/exercise-find/tag/127)

[**Decline Barbell Bench Press**](http://www.makeoverfitness.com/lower-chest-exercise/5788-decline-bench-press-1)

[](http://www.makeoverfitness.com/lower-chest-exercise/5788-decline-bench-press-1)

Target Muscles: Lower Chest

Equipment: Barbell and Bench

Start: Lie on a decline bench with your lower shins hooked beneath the leg supports at the end. Hold the barbell with a full, overhand grip that's slightly wider than shoulder-width. Set it directly over your lower chest.

Finish: Lower the bar slowly and in control to just an inch or two above your chest before pausing momentarily ad then pressing it back up.

Tags: [Chest](http://www.makeoverfitness.com/exercise-find/tag/112)[Barbell](http://www.makeoverfitness.com/exercise-find/tag/124)

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