**Dumbbell Bench Press:** Lie down on a flat bench with a dumbbell in each hand resting on top of your thighs. The palms of your hands will be facing each other. Then, using your thighs to help raise the dumbbells up, lift the dumbbells one at a time so that you can hold them in front of you at shoulder width. Bring down the weights slowly to your side as you breathe out. Keep full control of the dumbbells at all times. As you breathe out, push the dumbbells up using your pectoral muscles. Lock your arms in the contracted position, squeeze your chest, hold for a second and then start coming down slowly. https://imgur.com/KXpDEQy.jpg

**Decline Dumbbell Bench Press:** Secure your legs at the end of the decline bench and lie down with a dumbbell on each hand on top of your thighs. Once you are laying down, move the dumbbells in front of you at shoulder width. Once at shoulder width, rotate your wrists forward so that the palms of your hands are facing away from you. This will be your starting position. Bring down the weights slowly to your side as you breathe out. Keep full control of the dumbbells at all times. As you breathe out, push the dumbbells up using your pectoral muscles. Lock your arms in the contracted position, squeeze your chest, hold for a second and then start coming down slowly. https://imgur.com/pka7rTx.jpg

**Incline Dumbbell Bench Press:** Lie down on an incline bench with a dumbbell in each hand resting on top of your thighs. The palms of your hands will be facing each other. Then, using your thighs to help raise the dumbbells up, lift the dumbbells one at a time so that you can hold them in front of you at shoulder width. Bring down the weights slowly to your side as you breathe out. Keep full control of the dumbbells at all times. As you breathe out, push the dumbbells up using your pectoral muscles. Lock your arms in the contracted position, squeeze your chest, hold for a second and then start coming down slowly. https://imgur.com/npwgL3N.jpg

**Pushups:** In a prone position start by raising and lowering the body with the straightening and bending of the arms while keeping the back straight and supporting the body on the hands and toes. https://imgur.com/7i28x3f.jpg

**Dumbbell Flyes:** Lie down on a flat bench with a dumbbell on each hand resting on top of your thighs. The palms of your hand will be facing each other. Then using your thighs to help raise the dumbbells, lift the dumbbells one at a time so you can hold them in front of you at shoulder width with the palms of your hands facing each other. Raise the dumbbells up like you're pressing them, but stop and hold just before you lock out. This will be your starting position. With a slight bend on your elbows in order to prevent stress at the biceps tendon, lower your arms out at both sides in a wide arc until you feel a stretch on your chest. Breathe in as you perform this portion of the movement. Tip: Keep in mind that throughout the movement, the arms should remain stationary; the movement should only occur at the shoulder joint. Return your arms back to the starting position as you squeeze your chest muscles and breathe out. https://imgur.com/0oiBOB3.jpg

**Low Cable Chest Fly:** Start with two pulleys set in the bottom position and have your palms facing forward. Your upper arms (humerus) should be at about a 30 degree angle away from your sides. Using your upper chest to pull your arms up and in, raise the handles up and together so that they come together at shoulder level or slightly higher. The path of the cables will draw an upside-down V. https://imgur.com/cbmpwKg.jpg

**Decline Dumbbell Flyes:** Secure your legs at the end of the decline bench and lie down with a dumbbell on each hand on top of your thighs. The palms of your hand will be facing each other. Once you are laying down, move the dumbbells in front of you at shoulder width. The palms of the hands should be facing each other and the arms should be perpendicular to the floor and fully extended. This will be your starting position. With a slight bend on your elbows in order to prevent stress at the biceps tendon, lower your arms out at both sides in a wide arc until you feel a stretch on your chest. Breathe in as you perform this portion of the movement. Tip: Keep in mind that throughout the movement, the arms should remain stationary; the movement should only occur at the shoulder joint. Return your arms back to the starting position as you squeeze your chest muscles and breathe out. https://imgur.com/n5s7Alk.jpg

**Dips:** Grasping two parallel bars that are approximately shoulder-width apart as shown in raise yourself up to an initial position with your arms extended and supporting the entire weight of your body. Next, lower yourself to a final position where your elbows are bent and your shoulders are mildly stretched and then use your arms to push yourself upwards to the initial position. https://imgur.com/etSREXc.jpg

**Barbell Bench Press:** Lie back on a flat bench. Using a medium width grip (a grip that creates a 90-degree angle in the middle of the movement between the forearms and the upper arms), lift the bar from the rack and hold it straight over you with your arms locked. This will be your starting position. From the starting position, breathe in and begin coming down slowly until the bar touches your middle chest. After a brief pause, push the bar back to the starting position as you breathe out. Focus on pushing the bar using your chest muscles. Lock your arms and squeeze your chest in the contracted position at the top of the motion, hold for a second and then start coming down slowly again. Tip: Ideally, lowering the weight should take about twice as long as raising it. https://imgur.com/Y5e1V3R.jpg

**Decline Barbell Bench Press:** Lie back and secure your legs at the end a decline bench. Using a medium width grip (a grip that creates a 90-degree angle in the middle of the movement between the forearms and the upper arms), lift the bar from the rack and hold it straight over you with your arms locked. This will be your starting position. From the starting position, breathe in and begin coming down slowly until the bar touches your middle chest. After a brief pause, push the bar back to the starting position as you breathe out. Focus on pushing the bar using your chest muscles. Lock your arms and squeeze your chest in the contracted position at the top of the motion, hold for a second and then start coming down slowly again. Tip: Ideally, lowering the weight should take about twice as long as raising it. https://imgur.com/XyG6CTA.jpg

**Incline Barbell Bench Press:** Lie back on a incline bench. Using a medium width grip (a grip that creates a 90-degree angle in the middle of the movement between the forearms and the upper arms), lift the bar from the rack and hold it straight over you with your arms locked. This will be your starting position. From the starting position, breathe in and begin coming down slowly until the bar touches your middle chest. After a brief pause, push the bar back to the starting position as you breathe out. Focus on pushing the bar using your chest muscles. Lock your arms and squeeze your chest in the contracted position at the top of the motion, hold for a second and then start coming down slowly again. Tip: Ideally, lowering the weight should take about twice as long as raising it.

https://imgur.com/KrqNr6L.jpg