

# CHEST WORKOUT



## 1. Standing Chest Stretch

### How to Do Standing Chest Stretch

1. Stand with your spine erect and abs tight.
2. Roll your shoulders back and lift your arms, bending them at the elbows in such a way that your forearms are parallel to your face.
3. Push your hands back and open up the chest.
4. Hold the stretch for 20-30 seconds.

**Sets And Reps** – 2 sets of 5 reps

**Rest** – 10 seconds



## **2. Camel Pose**

### **How to Do Camel Pose**

1. Get down on your knees and place them a little apart.
2. Bend backward, take your arms behind you and grab your heels with them.
3. Open up the chest and feel the stretch in both your chest and back.
4. Hold the pose for 30 seconds.

**Sets And Reps** – 2 sets of 5 reps

**Rest** – 10 seconds



### **3. Seated Dumbbell Fly**

#### **How to Do Seated Dumbbell Fly**

1. Sit on a bench with your spine erect, legs shoulder-width apart, shoulders rolled back, and abs tight.
2. Grab a dumbbell in each hand and let your hands dangle.
3. Exhale and lift your arms till the dumbbells are at the shoulder level.
4. Inhale and lower your hands.

**Sets And Reps** – 2 sets of 12 reps

**Rest** – 10 seconds



## 4. Incline Dumbbell Press

### How to Do Incline Dumbbell Press

1. Lie on the incline with your back straight and shoulders pushed back.
2. Grab a dumbbell in each hand and raise your hands straight ahead with the palms facing forward.
3. Lower the dumbbells in an inverted “V”. Stop when they are near the sides of your chest.
4. Inhale and slowly raise them back in the same imaginary inverted “V” to the original position. The inner plates/heads of both the dumbbells should touch each other.

**Sets And Reps** – 3 sets of 15 reps

**Rest** – 10 seconds



## **5.Barbell Bench Press**

### **How to Do Barbell Bench Press**

1. Lie back on the bench with your back straight and abs tight. Place your feet flat on the floor wider than shoulder-width apart.
2. Place your hands in such a way that your forearms are perpendicular to the floor. Grip the barbell firmly with the palms facing forward.
3. Inhale and slowly press the barbell upwards by straightening your elbows.
4. Hold for a second and lower it. Exhale as you do so.

**Sets And Reps – 3 sets of 10 reps**

**Rest – 10 seconds**





## 6.Dumbbell Plank Rotation

### How to Do Dumbbell Plank Rotation

1. Place two dumbbells on the mat, about shoulder-width apart.
2. Kneel on the mat, lean forward and grab hold of a dumbbell in each hand. The dumbbells should be right below your shoulders and elbows.
3. Holding the dumbbells firmly, extend your legs back. You may keep them hip-width or shoulder-width apart.
4. Lift the right dumbbell, open up your body and rotate to your left. Keep your right hand fully extended and look up at the dumbbell. Your left hand should be firmly placed on the other dumbbell. You can twist your left leg to support your body.
5. Slowly, bring your right hand back to the starting position.
6. Do the same on the left side.

**Sets And Reps** – 3 sets of 10 reps

**Rest** – 10 seconds



## 7. Staggered Chest Press

### How to Do Staggered Chest Press

1. Anchor the resistance band to the door. Turn around, secure the ends of the resistance band, and walk away from the door. Stop when you feel the resistance. Put one foot in front of the other, flex you're (more

towards your back), and keep your palms at the chest level and facing down. This is your starting position.

2. Straighten your hands and bring them together in front of you.
3. Slowly bring your hands back to the starting position.
4. Do this 6 times before switching legs and repeating.

**Sets And Reps** – 3 sets of 6 reps

**Rest** – 10 seconds



## 8. Wall Push-ups

### How to Do Wall Push-ups

1. Stand 2-3 feet away from the wall. Place your palms on the wall shoulder-width apart. Your hands should be at the shoulder level. This is your starting position.
2. Bend your elbows and bring your chest closer to the wall. Inhale while you do so.



3. Exhale and go back to the starting position. Make sure your head is in line with your shoulders, gluts are squeezed, and abs tight.

**Sets And Reps** – 3 sets of 10 reps

**Rest** – 10 seconds