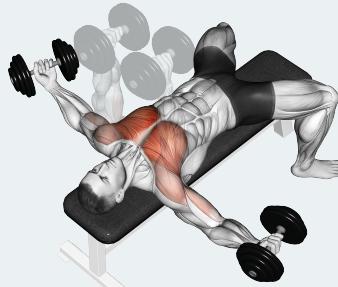


PECTORALS WORKOUT



Chest Fly

- Whilst lying supine on a bench set up between 30-45° or flat, hold dumbbells with a neutral grip and arms extended straight out with a slight bend in the elbows.
- With shoulder blades down and back, arms out in front at shoulder height, control the dumbbells down to form a T-shape with the upper body.
- Return to starting position while keeping shoulder blades retracted and chest muscles engaged.



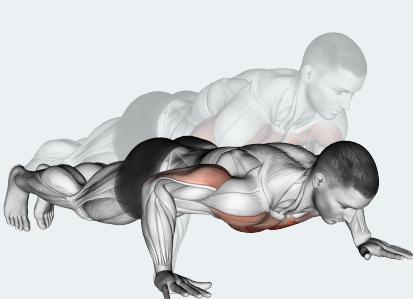
Dumbbell Bench Press

- Whilst lying supine on a bench, grasp the barbell with a slightly wider than shoulder width grip, shoulders down and back.
- Lower the barbell under control while keeping elbows tucked at approx 30° angle and supporting the wrists.
- Barbell should gently touch low on the chest before pressing back up.



Seated Chest Press

- Adjust the seat so the middle of the chest is level with handles, keep the chest up and have a slight arch in lower back.
- While keeping wrists straight and looking straight ahead, extend arms fully but do not lock elbows.
- Return to start position, keeping shoulder blades retracted & chest muscles engaged.



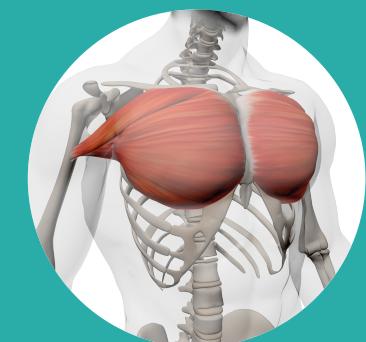
Press Ups

- In a prone position with hands flat on the floor and at shoulder width.
- Brace abs and lower chest to within an inch of the floor.
- Push back up, extending your arms but not locking your elbows.



Pec Deck Fly

- Adjust seat height so that when you grasp the handles with a neutral grip, wrists and elbows are in line with the centre of your chest.
- With shoulder blades down and back, arms out to the sides in a T-shape and a slight bend in the elbow, bring your arms together in front of the body.
- Return to starting position while keeping shoulder blades retracted and an upright torso.



KEY:

FX



FW



BW



ISO



COM

