1)Barbell Chest Press

1) Lie on the bench with your eyes under the bar\n\n

2) Grab the bar with a medium grip-width \n\n

3) Lower the bar to your mid-chest\n\n

4) Press the bar back up until your arms are straight\n\n  
2) Decline pushups

1)Kneel down with your back to the bench. Put your hands on the floor, shoulders over your wrists and elbows at 45 degrees. Place your feet on top of the bench. \n\n

2)Brace your core, glutes, and quads. Bend your elbows and lower your chest to the floor, keeping your back and neck straight. \n\n

3)Push into the floor to return to starting position, extending your elbows. \n\n

3)Incline Barbell Bench Press

1)Position your body on an incline bench on a 30-45 degree angle. \n\n

2)Grab a barbell with an overhand grip that's shoulder-width apart and hold it above your chest. \n\n

3) Extend arms upward, locking out elbows. \n\n

4)Lower the bar straight down in a slow, controlled movement to your chest. Pause, then press the bar in a straight line back up to the starting position\n\n

4) Decline Barbell Press

1) Lie face up on a decline bench set at about a 45-degree angle. \n\n

2)Grab a barbell with an overhand grip that's shoulder-width apart and hold it above your chest. \n\n

3) Extend arms upward, locking out elbows. \n\n

4)Lower the bar straight down in a slow, controlled movement to your chest. Pause, then press the bar in a straight line back up to the starting position\n\n