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