

Chest:

Exercises:	Muscles primarily worked:	Description:	Comments:
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Gym Exercises:



Figure A: Bench Press [1]
(Bodycraft, 2020)

Anterior Deltoids (shoulder), Pectorals Major and Minor (chest), Triceps (back of arm).	This is an exercise that requires seating to be in upright position. A comfortable stretch should be felt in the front of the chest. Simply gripping the handles with the handle and gently pressing it away from	Slight variation can occur in this exercise as changing the grip can emphasise different areas of the muscle group.
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the chest brings the stretch. Returning back to starting position after loosening elbows will complete a rep of the exercise.

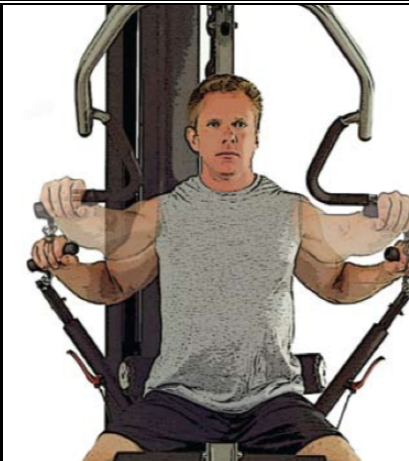


Figure B: Cable Bench Press [1] (Bodycraft, 2020)

Anterior Deltoids (shoulder), Pectorals Major and Minor (chest), Triceps (back of arm).

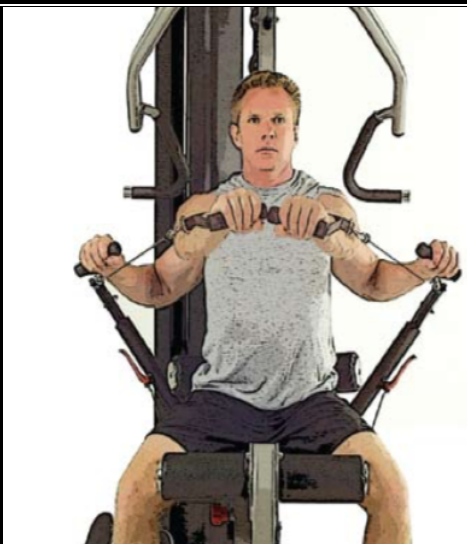
Again, seating needs to be in upright position with the Training Arms to chest height. The cable handles need to be gently pressed away from

This exercise can be performed with one arm at a time.

Slight variation in muscles used can occur with the grip of the handles and width

the chest and return to the start position slowly. The exercise can be repeated a few times to work the muscles out, focusing on the chest and giving it a stretch in the same way that the Bench Press exercise works.

of the Functional Training Arms.



Anterior Deltoids (shoulder), Pectorals Major and Minor (chest), Triceps

Building on from the Cable Bench Press, this exercise allows the arms to converge

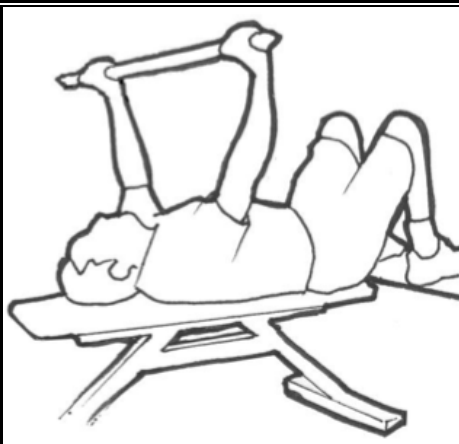
Slight variation in muscles used can occur with the grip of the handles and width

Figure C:
Converging Bench
Press [1]
(Bodycraft, 2020)

brachii (back of arm). right into the middle as the cable handles are gently pressed. The seat must be adjusted into an upright position with the handles pressed away from the chest, returning into start position slowly.

of the Functional Training Arms.

At home exercises:



Anterior Deltoids (shoulder), Pectorals Major and Minor (chest),

This exercise is an at home version of the bench press conducted

The resistance needs to be an appropriate weight that permits the

Figure D: Bench Press [2]
(Cancer Council WA, 2020)

Triceps brachii (back of arm).	in the gym exercises. The exercise requires the elbows to extend with the shoulder pushing up then gently returning to the start position which has a 90 degrees elbow inflexion.	muscles to be worked out.
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Figure E: Seated Chest Press [2]
(Cancer Council WA, 2020)

Anterior Deltoids (shoulder), Pectorals Major and Minor (chest), Triceps brachii (back of arm).	This exercise starts at the elbows aligning in a 90 degrees position which eventually extend the elbow joint.
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The exercise needs the participant to sit in an upright position to ensure the back has proper support. This is an exercise that can be repeated a few times at 3-4 times of the day.



Figure F: Modified Push Up [3]
(Cancer Council WA, 2020) &

Anterior Deltoids (shoulder), Pectorals Major and Minor (chest), Triceps brachii (back of arm).

The starting position is with knees and hands on the floor as shown in Figure F. The chest muscles are worked again by

Placing hands shoulder width apart is a sufficient distance.

***(Weight Watchers
USA, 2020)***

making an extension of the elbows with the shoulders pushing the body weight up and controlling the return of the body into start position. This exercise can be conducted at home with no equipment required.

References:

[1] Bodycraft - Exercise Guide | Bodycraft 2020 | Exercise Guides: The Art and Science of

Movement | Figure A – Figure C exercises | Available online at:
<https://www.bodycraft.com/pdfs/exercise/ExerciseBook.pdf>
| Accessed 18 March 2020

[2] Cancer Council Western Australia | Guidelines for implementing exercise programs for cancer patients | Figure D – Figure E exercises | The Cancer Council WA
<https://www.racgp.org.au/FSDEDEV/media/documents/Clinical%20Resources/HANDI/Guidelines-for-implementing-exercise.pdf> | Accessed 19 March 2020

[3] Weight Watchers USA | 30 Day Push-Up Challenge | 2020
| Image: Modified Push Up | Available online at:
<https://www.weightwatchers.com/us/blog/fitness/30-day-push-up-challenge> | Accessed 21 March, 2020