

# Chest Exercise Examples And Demonstration Explanation

## Barbell Bench Press

This exercise is the most essential, old school exercise you will find in the chest history because this exercise is best to develop chest muscles because in this exercise you don't need any support from any other body part and you produce the maximum power to lift the barbell. The most easy and best exercise to learn and perfect is this exercise and for this exercise you lay on the long bench with your arms holding the barbell and then you push the barbell towards the ceiling and then release slowly to get the full experience initially you do 3 set of 12 reps each and then when perfected increase the set and decrease the reps accordingly.



## Low-incline Barbell Bench Press

We do this exercise to focus on the upper delts and lower delts in chest best is to place the bench in inclined position upwards or downwards to put stress on your pecs which helps in muscle build. This exercise consist of 3 sets with 12 reps each.



## Weighted Push ups

The pushups are done to make the shape of the chest and to increase the muscle mass of the chest. It is similar to the normal push ups but in this we add weights on our back and then do the push up to experience the body weight + external weights which makes it more challenging. This exercise include 5 sets of 25 reps each and the only difference between the beginner and expert is the weights and keeping the back straight.

