**Resistance Band Chest Press**

**Equipment**: Resistance Bands

* Start with a dumbbell or resistance band that lets you do 8–12 reps comfortably but not too easily.
* Increase the weight by about ½ kg (or move to the next band) every 3 months if it feels too easy.

**Instructions:**

1. Securely attach the resistance band to a stable anchor point at chest height.
2. Stand facing away from the anchor point, holding the band in both hands with your arms bent at a 90-degree angle. Step forward to create tension in the band.
3. Position your elbows close to your body, with your fists at chest level, palms facing down.
4. Extend your arms forward in a controlled manner, pushing the band away from your chest until your arms are fully extended.
5. Slowly return to the starting position, bending your elbows back to 90 degrees while maintaining tension in the band throughout the movement.

**Tips for Resistance Band Chest Press:**

* If performing this exercise standing, ensure the band is securely attached to a stable anchor point that can withstand the force without coming loose or breaking.
* Maintain a neutral spine and engage your core throughout the exercise to prevent strain on your lower back.
* Focus on controlled movements and avoid using momentum to enhance the effectiveness of the exercise.