

## Chest

### INCLINE FLY

This is the same exercise as the flat bench fly except it is done on an incline bench which isolates the upper chest area.

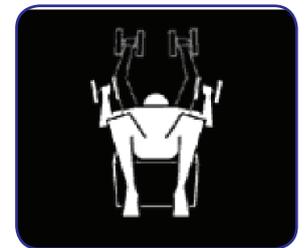
- Lie on your back on the bench with knees bent and feet supported by a step. Hold weights so your hands are level with your shoulders
- Breathe out and extend your arms above you so the weights come together directly above your chest. Return slowly to the starting position



### DECLINE FLY

Performing the flat bench fly on a decline works the muscles in the lower part of the chest.

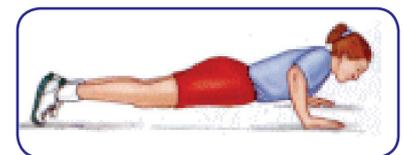
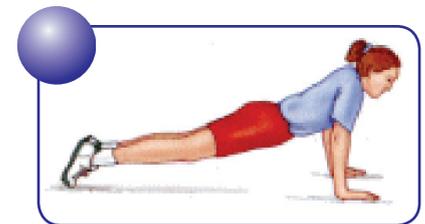
- Lie on your back on the bench and hold the weights so your hands are level with your shoulders. Keep your elbows slightly bent and shoulder blades squeezed back
- Breathe out, extend your arms above you and bring the weights together directly above your chest. Take care not to lock your arms straight. Return to starting position



### PRESS UP

Press-ups use the weight of the body to work the chest, arm, and shoulder muscles. Start with the half press up and progress to the full press up once you have built up strength.

- Place your hands directly under your shoulders (or slightly wider if you want to put more emphasis on the chest). Keep your fingers pointing forwards and torso and legs straight
- Bend your arms to about 90° and lower your body, keeping your head in line with your spine. Keep your stomach and thigh muscles tight. Be careful not to point your bottom in the air
- Push yourself back up to the starting position. Remember to breathe in on the way down and out as you press



## ONE ARM CABLE CROSSOVERS

Inner and lower areas of the chest are developed as well as the shoulders slightly. (It is helpful in developing a firmer bustline)

- Stand sideways onto the cable machine legs hip-width apart and knees lightly bent. Grasp the handle and bend forwards slightly
- Keeping your arms almost straight, pull the cable down and across until it is directly in front of you. Return to the starting position, keeping the movement slow and controlled



## DOUBLE ARM CABLE CROSSOVERS

This exercise may also be performed whilst seated.

- Stand sideways onto the cable machine, legs hip-width apart and knees slightly bent. Grasp the handles with both hands and bend forward slightly
- Keeping your arms almost straight, pull the cables down and across until they are both directly in front of you. Return to the start position, keeping the movement slow and controlled



## CHEST PRESS (MACHINE)

Using free weights for this exercise requires more muscle control than using the chest press machine. Using a fit ball will ensure that your stomach muscles are kept tight thus providing excellent results.

- Lie with your back on the bench/fitball with your knees bent. Holding a weight in each hand, bend your arms so that your elbows are at 90° and your palms face the wall opposite you
- Extend your arms upwards so that they are nearly straight. Return to the start position, using a pace of about 4 seconds per repetition



For advice on any of the exercises mentioned in this article please ask one of the Team.

