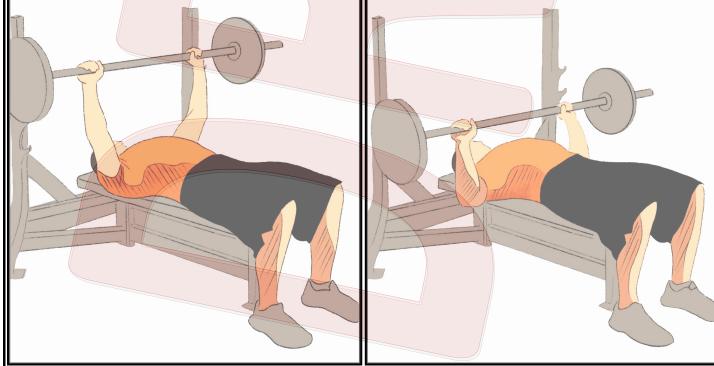
## Exercise Spotlight Chest Press [Flat Bench, Barbell]

Muscles Worked	- Pectorals, Deltoids, Triceps, Transverse Abdominis, Erector Spinae
Benefits	<ul> <li>Build upper body mass and size</li> <li>Increase pushing strength, bone density, and improve posture</li> <li>Be time efficient by practicing a compound exercise that challenges a large number of muscle groups</li> </ul>
Precautions	- Focus on practicing proper form and working within your flexibility limitations. Remember that you are striving for a quality movement, executed in a safe and controlled manner
Instructions	<ul> <li>- Grasp the barbell with an overhand grip with the hands slightly wider than shoulder-width apart</li> <li>- Concentrate on setting your shoulders back, locking your hips in a neutral position, keeping the back of your head and glutes in contact with the bench, and both feet in contact with the ground</li> <li>- Inhale as you lower the bar until your elbows reach a ninety degree bend, momentarily pausing at the bottom as you project a proud chest</li> <li>- Exhale as you push through your chest, triceps, and shoulders and return to your start position</li> <li>- Repeat for desired number of sets and repetitions</li> </ul>

## Start and Finish

## Mid Point



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