

Exercise Spotlight

Chest Press [Flat Bench, Barbell]

Muscles Worked	- Pectorals, Deltoids, Triceps, Transverse Abdominis, Erector Spinae
Benefits	<ul style="list-style-type: none">- Build upper body mass and size- Increase pushing strength, bone density, and improve posture- Be time efficient by practicing a compound exercise that challenges a large number of muscle groups
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 style="list-style-type: none">- Grasp the barbell with an overhand grip with the hands slightly wider than shoulder-width apart- 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- 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- Exhale as you push through your chest, triceps, and shoulders and return to your start position- Repeat for desired number of sets and repetitions

Start and Finish

Mid Point

