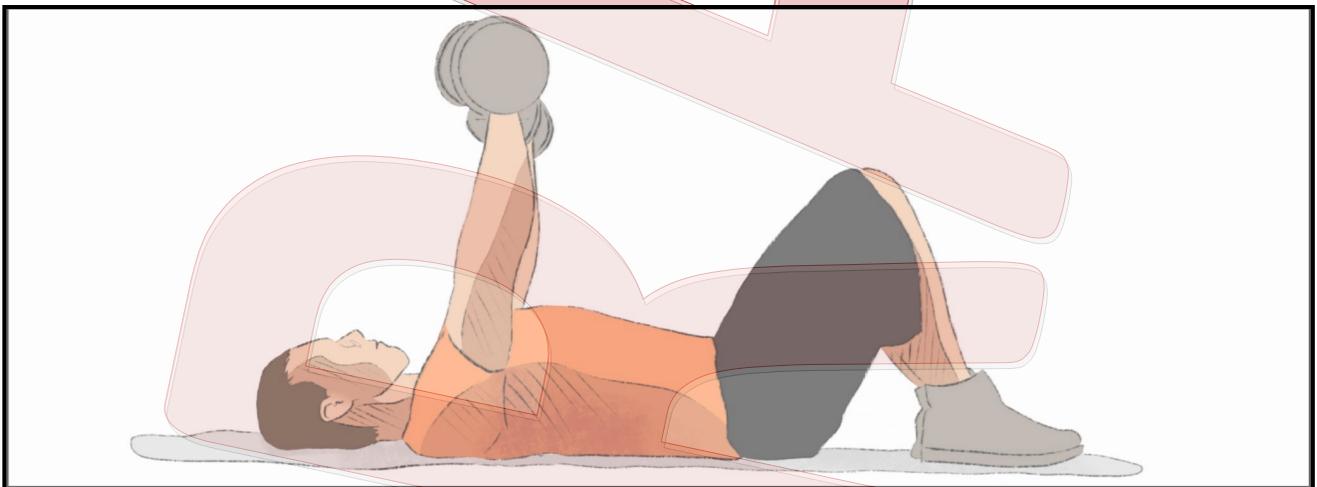


# Exercise Spotlight

## Chest Press [Floor, Dumbbells]

Muscles Worked	- Pectorals, Deltoids, Triceps, Transverse Abdominis, Erector Spinae
Benefits	- Improve posture and pushing strength
Precautions	- Choose weights that you can handle safely. Remind yourself that technique, execution, and safety is preferable to heavier weight
Instructions	<ul style="list-style-type: none"><li>- Lie down on your back in between two dumbbells set vertically at your sides and carefully load both dumbbells into starting position with an overhand grip</li><li>- Take a moment to set your posture, keeping your shoulders drawn back, hips in a neutral position, and chest big in this start position</li><li>- Inhale as you slowly lower the weights until your elbows touch the floor, feeling tension in the chest as you pause at the bottom</li><li>- Exhale as you push through your chest, shoulders, and triceps and return to your start position</li><li>- Repeat for desired number of sets and repetitions</li></ul>

Start and Finish



Mid Point

