

## Chest (Bands)

Boxer punch with tubing



### **Exercise Description:**

Boxer punch with tubing

### **Classification:**

Chest (Bands)

### **Instructions:**

1. Starting position: Stand with feet shoulder width apart. Wrap the tubing under your armpits and around your back with a tubing handle in each hand.
2. Alternately perform a chest press much like a boxers punch.
3. Repeat the movement for the desired repetitions.

Alt chest press with fitband



### **Exercise Description:**

Alt chest press with fitband

### **Classification:**

Chest (Bands)

### **Instructions:**

1. Lie on your back and place the fit band under your back and hold the ends with both hands.
2. Start by pressing one arm up towards the ceiling and then return to the starting position. Repeat with the other arm.
3. Repeat for the prescribed number of repetitions.

## Supine chest flyes with fitband



### **Exercise Description:**

Supine chest flyes with fitband

### **Classification:**

Chest (Bands)

### **Instructions:**

1. Lie on your back and wrap the band around your back so that you are holding the ends of the bands.
2. Extend your elbows so that they are just slightly bent.
3. Lower your arms out and down until a good stretch is felt in your chest. Return to the starting position and repeat.

## Supine chest press with fitband



### **Exercise Description:**

Supine chest press with fitband

### **Classification:**

Chest (Bands)

### **Instructions:**

1. Lie on your back and wrap the band around your back so that you are holding the ends of the bands.
2. Extend your elbows so that they are just slightly bent.
3. Bend your elbows and lower your arms down until your elbows are at 90 degrees. Return to the starting position and repeat.

## Chest Fly with Tubing



**Exercise Description:**

Chest Fly with Tubing

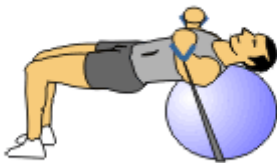
**Classification:**

Chest (Bands)

**Instructions:**

- 1) Secure door strap waist height.
- 2) Stand with feet shoulder width apart, knees slightly bent, facing away from the attachment point. You may put one foot in front of the other (staggered stance) for increased stability.
- 3) Start position: Grasp each handle and position hands wider than shoulder width with palms facing each other (neutral grip). Elbows should be slightly bent and behind the body.
- 4) Begin by moving arms in an arcing motion to join hands at chest level.
- 5) Return to start position.

Band Chest Flye on Ball



**Exercise Description:**

Band Chest Flye on Ball

**Classification:**

Chest (Bands)

**Instructions:**

1. Lie on your back with the band secured under the ball. You can also secure the band under your back if it is short.
2. With your arms extended above your chest slowly bringing them out away from your body. Make sure to keep your arms in a semi straight position.
3. Once your hands reach chest level then return to the starting position and repeat.

Band Chest Press on Ball



**Exercise Description:**

Band Chest Press on Ball

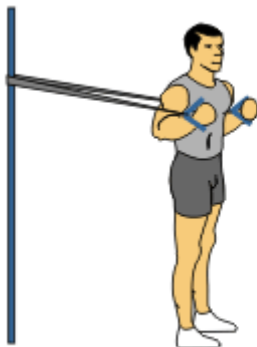
**Classification:**

Chest (Bands)

**Instructions:**

1. Lie on your back with the band secured under the ball. You can also secure the band under your back if it is short.
2. With your arms extended above your chest slowly bringing them down until your hands are at chest level. Keep your elbows out a little bit from your body.
3. Once your hands reach chest level then press up and return to the starting position and repeat.

Standing Chest Press with Band



**Exercise Description:**

Standing Chest Press with Band

**Classification:**

Chest (Bands)

**Instructions:**

1. Start by securing the band at chest level behind you and standing with your feet together. To have a more stable stance you can bring one foot in front of the other in a staggered stance(lunge stance).
2. Hold the band with your hands at chest level and your elbows back.
3. Press the bands out away from your body until your arms are extended.
4. Return to the starting position and repeat for the recommended repetitions.

