

## Chest (free weights)

### Barbell Bench Press



#### **Exercise Description:**

Barbell Bench Press

#### **Classification:**

Chest (free weights)

#### **Instructions:**

- 1) Lie on back with head underneath bar, eyes aligned with bar, and feet flat on floor.
- 2) Position hands on bar wider than shoulder width or lower the unloaded bar to chest and position grip to where forearms are perpendicular to the floor.
- 3) Start position: Lift bar off rack with bar directly over head. Lower bar to your mid chest area. Press bar up to starting position.

### Decline Bench Press (barbell)



#### **Exercise Description:**

Decline Bench Press (barbell)

#### **Classification:**

Chest (free weights)

#### **Instructions:**

- 1) Position yourself on the decline bench by securing your feet on the provided pads (if available).
- 2) Position hands on bar wider than shoulder width or lower the unloaded bar to the lower chest position to where forearms are perpendicular to the floor.
- 3) Start position: Lift bar off rack with bar directly over chest.

- 4) Lower bar to lower chest region
  - 5) Press bar up to starting position.
- Bench Press (dumbbell)



**Exercise Description:**

Bench Press (dumbbell)

**Classification:**

Chest (free weights)

**Instructions:**

- 1) Sit in an upright position on a flat bench with a DB in each hand. (You may rest each DB on the corresponding thigh.)
- 2) Start position: Lie onto your back and bring the DB's to your shoulders. Press the DB's up directly above the chest with palms facing forward.
- 3) Lower the DB's keeping your forearms perpendicular to the floor and your hands aligned at the mid chest area.
- 4) Let your upper arms go slightly past parallel to the floor and press the DB's up to the start position.
- 5) To end the exercise, place the DB's on shoulders and return to the seated upright position.

Dumbbell Fly



**Exercise Description:**

Dumbbell Fly

**Classification:**

Chest (free weights)

**Instructions:**

- 1) Sit in an upright position on a flat bench with a DB in each hand. (You may rest each DB on the corresponding thigh.)
- 2) Start position: Lie onto your back and bring the DB's to your shoulders. Press the

DB's up directly above the chest with the DB's almost touching and palms facing each other (neutral grip).

3) Keeping the elbows slightly bent, lower the DB's out and away from each other in an arcing motion with hands aligned with the nipple-line.

4) Let your upper arm go parallel to slightly past parallel to the ground before returning to the start position.

5) To end the exercise, place the DB's on shoulders and return to the seated upright position.

Dumbbell Pullover



**Exercise Description:**

Dumbbell Pullover

**Classification:**

Chest (free weights)

**Instructions:**

Lie on your back on a flat bench forming a table top with your body.

Place dumbbell on chest with handle perpendicular to chest. Grasp DB as shown.

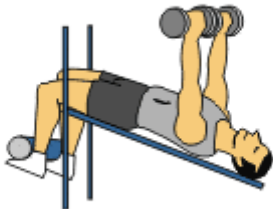
Start position: Extend elbows and raise DB even with the eye-line.

With elbows slightly bent, lower DB back even to slightly below head level.

Return to start position.

Remember to keep both feet flat on the floor at all times and keep the lower back in a neutral position. Hyperextension or arching of the back may cause injury. Never lock out elbows. If maintaining stability is difficult, lower hips below parallel until stability is established.

Decline Dumbbell Bench Press



**Exercise Description:**

Decline Dumbbell Bench Press

**Classification:**

Chest (free weights)

**Instructions:**

Position yourself on the decline bench by securing your feet on the provided pads (if available). Rest each DB on the corresponding thigh.

Start position: Lie onto your back and bring the DB's to your shoulders. Press the DB's up directly over chest with palms facing forward.

Lower the DB's keeping your forearms perpendicular to the floor and your hands aligned approximately at the upper chest level.

Let your upper arms go slightly past parallel to the floor and press the DB's up to the start position.

To end the exercise, place the DB's on the corresponding thigh and sit back up to an upright position.

Incline Dumbbell Chest Fly



**Exercise Description:**

Incline Dumbbell Chest Fly

**Classification:**

Chest (free weights)

**Instructions:**

Lie back onto an incline bench (45° or less) with a DB in each hand. (You may rest each DB on the corresponding thigh.)

Start position: Bring the DB's to your shoulders. Press the DB's up directly above the head with palms facing each other.

Lower the DB's out and away so that your forearms are almost parallel to the floor and your hands aligned approximately at the upper chest level.

Let your upper arms go slightly past parallel to the floor and pull the DB's up to the start position as if you were wrapping your arms around a tree. Some may say act like you are hugging someone.

To end the exercise, lower the DB's at your side or on the corresponding thigh.

## Close Grip Bench Press



### **Exercise Description:**

Close Grip Bench Press

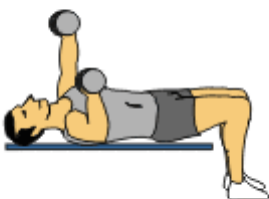
### **Classification:**

Chest (free weights)

### **Instructions:**

- 1) Lie on back with head underneath bar, eyes aligned with bar, and feet flat on floor.
- 2) Position hands on bar shoulder width to slightly closer than shoulder width apart.
- 3) Start position: Lift bar off rack with bar directly over head.
- 4) Lower bar to chest at the mid to lower chest level keeping elbows pointing forward throughout movement.
- 5) Press bar up to starting position.
- 6) Remember to keep both feet flat on the floor at all times and keep the lower back in a neutral position. Hyperextension or arching of the back may cause injury. Never lock out elbows. Do not allow bar to bounce off chest.

Alternating Dumbbell Bench Press



### **Exercise Description:**

Alternating Dumbbell Bench Press

### **Classification:**

Chest (free weights)

### **Instructions:**

1. Sit in an upright position on a flat bench with a DB in each hand. (You may rest each DB on the corresponding thigh.)
2. Start position: Lie onto your back and bring the DB's to your shoulders. Press one DB up directly above the chest with palm facing forward.
3. Lower the DB keeping your forearms perpendicular to the floor and your hands aligned at the mid to lower chest level and then press with the other arm.

- 4) Let your upper arms go slightly past parallel to the floor and press the DB's up to the start position.
- 5) To end the exercise, place the DB's on shoulders and return to the seated upright position.
- 6) Remember to keep both feet flat on the floor at all times and keep the lower back in a neutral position. Hyperextension or arching of the back may cause injury. Never lock out elbows.

#### Towel Bench Press



#### **Exercise Description:**

Towel Bench Press

#### **Classification:**

Chest (free weights)

#### **Instructions:**

- 1) Lie on back with head underneath bar, eyes aligned with bar, and feet flat on floor. Place a towel 4-5 inches thick on your chest.
- 2) Position hands on bar wider than shoulder width or lower the unloaded bar to chest and position grip to where forearms are perpendicular to the floor.
- 3) Start position: Lift bar off rack with bar directly over head.
- 4) Lower bar to towel at the mid to lower chest level.
- 5) Press bar up to starting position.
- 6) Remember to keep both feet flat on the floor at all times and keep the lower back in a neutral position. Hyperextension or arching of the back may cause injury. Never lock out elbows. Do not allow bar to bounce off chest

DB flat to incline flyes



#### **Exercise Description:**

DB flat to incline flyes

#### **Classification:**

Chest (free weights)

**Instructions:**

- 1) Sit in upright position on flexaball with feet flat on floor.
- 2) Walk feet forward allowing flexaball to roll underneath body until it is positioned on mid to upper back region (you may rest head on flexaball). Raise hips to create a “table top” position parallel to floor.
- 3) Start position: Maintaining stability, bring DB’s to shoulders and press up positioning DB’s above the chest with palms facing each other (neutral grip).
- 4) Keeping the elbows slightly bent, lower the DB’s out and away from each other in an arcing motion with hands aligned with the nipple-line.
- 5) Let your upper arm go parallel to slightly past parallel to the ground before returning to the start position.
- 6) As you lift the dumbbells back to the starting position drop your hips into an incline position.
- 7) Remember to keep both feet flat on the floor at all times and keep the lower back in a neutral position.

One arm chest press and thrust



**Exercise Description:**

One arm chest press and thrust

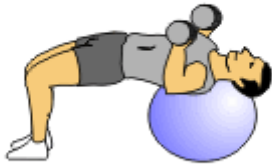
**Classification:**

Chest (free weights)

**Instructions:**

- 1) Walk feet forward allowing flexaball to roll underneath body until it is positioned on mid to upper back region (you may rest head on flexaball). Raise hips to create a “table top” position parallel to floor.
- 3) Start position: Maintaining stability, bring 1 DB to shoulder and press up positioning DB above the chest with palm facing forward.
- 4) Lower the DB keeping your forearm perpendicular to the floor and your hand aligned at the nipple line.
- 5) Let your upper arm go slightly past parallel to the floor and press the DB up to the start position. As you press up forcefully bring the other arm down towards the shoulder.
- 6) Your body should rotate just a little with this type of movement. Complete prescribed repetitions and then perform with other arm.

## Supine DB chest press on ball



### **Exercise Description:**

Supine DB chest press on ball

### **Classification:**

Chest (free weights)

### **Instructions:**

1. Lie on your back on a stability ball with your hips parallel with your upper body.
2. Hold a dumbbell in each hand with your arms extended.
3. Bend your elbows and lower the dumbbells down towards your chest. Keep your elbows at about 90 degrees and your wrists directly above your elbows.
4. Return to the starting position and repeat.

Incline DB chest press



### **Exercise Description:**

Incline DB chest press

### **Classification:**

Chest (free weights)

### **Instructions:**

1. Lie on the ball so that the ball is under your upper back. Drop your hips so that they are only a couple of inches off the floor.
2. Start with the dumbbells at shoulder level and proceed to press them straight up toward the ceiling.
3. Remember to keep your hands directly above your elbows during the press phase. The dumbbells should end up directly above your chest.
4. Return to the starting position and repeat.

Kneeling pushup with hands on ball





**Exercise Description:**

Kneeling pushup with hands on ball

**Classification:**

Chest (free weights)

**Instructions:**

- 1) Get on your knees and place hands 6-8 inches apart onto the flexaball.
- 2) Start position: Align hands at nipple line and extend the arms to raise body up. Trunk and hips should be in a straight line.
- 3) Lower your entire body (legs, hips, trunk, and head) 1-2 inches from the flexaball.
- 4) Return to the start position by extending at the elbows and pushing the body up.

Pushups with hands on ball



**Exercise Description:**

Pushups with hands on ball

**Classification:**

Chest (free weights)

**Instructions:**

- 1) Get on your knees and place hands 6-8 inches apart onto the flexaball.
- 2) Start position: Align hands at nipple line, place feet hip width apart on toes, and extend the arms to raise body up. Trunk and hips should be in a straight line.
- 3) Lower your entire body (legs, hips, trunk, and head) 1-2 inches from the flexaball.
- 4) Return to the start position by extending at the elbows and pushing the body up.

Barbell Incline Chest Press



**Exercise Description:**

Barbell Incline Chest Press

**Classification:**

Chest (free weights)

**Instructions:**

- 1) Lie back onto incline bench (45° or less) with feet flat on floor.
- 2) Position hands on bar wider than shoulder width or lower the unloaded bar to upper chest (where collar bone and sternum joins) and position grip to where forearms are perpendicular to the floor.
- 3) Start position: Lift bar off rack with bar directly over head.
- 4) Lower bar to upper chest (where collarbone and sternum joins)
- 5) Press bar up to starting position.

Incline DB chest press



**Exercise Description:**

Incline DB chest press

**Classification:**

Chest (free weights)

**Instructions:**

1. Start by lying on an inclined bench and hold dumbbells at chest level with your palms facing forward.
2. Press the dumbbells straight up towards the ceiling until your arms are extended.
3. Return to the starting position and repeat according to the prescribed repetitions.

## Palms out Incline DB chest flye



### **Exercise Description:**

Palms out Incline DB chest flye

### **Classification:**

Chest (free weights)

### **Instructions:**

1. Start by lying on an inclined bench and hold dumbbells at chest level with your palms facing forward.
2. Press the dumbbells straight up towards the ceiling until your arms are extended.
3. Keeping your arms semi straight and slowly lower them out and away from your body.
4. Once your upper arm reaches parallel with the floor return to the starting position as if you are hugging someone. Remember to keep your arms semi straight throughout the movement.
3. Return to the starting position and repeat according to the prescribed repetitions.

Incline DB press (palms in)



### **Exercise Description:**

Incline DB press (palms in)

### **Classification:**

Chest (free weights)

### **Instructions:**

1. Lie on an incline bench with dumbbells at chest level and palms in facing each other.
2. Press the dumbbells up towards the ceiling keeping your palms facing each other.
3. Return to the starting position and repeat for the required number of repetitions.

DB chest press (palms in)



**Exercise Description:**

DB chest press ( palms in)

**Classification:**

Chest (free weights)

**Instructions:**

1. Lie on your back with dumbbells at chest level.
2. Your palms should be facing each other.
3. Proceed to press the dumbbells straight up until your arms are extended. Keep your palms facing each other.
4. Return to the starting position and repeat.

DB chest flye (palms forward)



**Exercise Description:**

DB chest flye (palms forward)

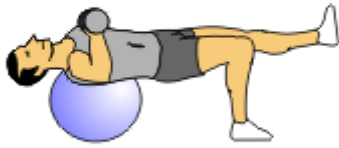
**Classification:**

Chest (free weights)

**Instructions:**

1. Lie on your back with the dumbbells extended over your chest and palms facing forward.
2. Keeping your arms semi straight lower them out and to the side until your upper arm is parallel to your body. Keep your palms facing forward.
3. Once you reach parallel raise your arms back up in a semi circle arc keeping your arms semi straight throughout the movement.

One Arm One Leg DB Chest Press



**Exercise Description:**

One Arm One Leg DB Chest Press

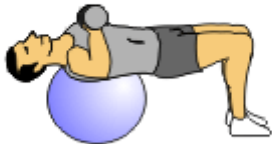
**Classification:**

Chest (free weights)

**Instructions:**

1. Start by lying on your back on the ball. Holding a dumbbell in one hand with your elbow out raise the same leg or opposite leg off the floor.
2. Contract your abdominals to maintain stability and once you are stabilized press the dumbbell up above your chest.
3. Continue for the required number of repetitions and then repeat with opposite arm and leg.

1 Arm DB Chest Press on ball



**Exercise Description:**

1 Arm DB Chest Press on ball

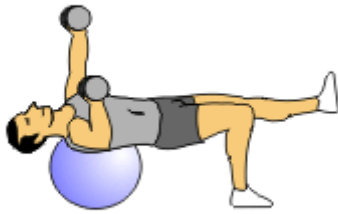
**Classification:**

Chest (free weights)

**Instructions:**

1. Start by lying on your back on the ball. Holding a dumbbell in one hand with your elbow out with both feet on the floor.
2. Contract your abdominals to maintain stability and once you are stabilized press the dumbbell up above your chest.
3. Continue for the required number of repetitions and then repeat with opposite arm.

## 1 Leg Alt Arm Chest Press



### **Exercise Description:**

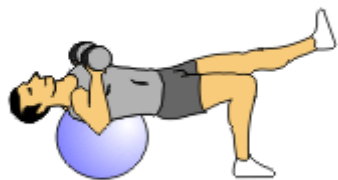
1 Leg Alt Arm Chest Press

### **Classification:**

Chest (free weights)

### **Instructions:**

1. Start by lying on your back on the ball. Holding a dumbbell in each hand with your elbows out raise one leg off the floor.
  2. Contract your abdominals to maintain stability and once you are stabilized alternate and press the dumbbells up above your chest.
  3. Continue for the required number of repetitions. Switch legs for the next set.
- 1 Leg DB chest press on ball



### **Exercise Description:**

1 Leg DB chest press on ball

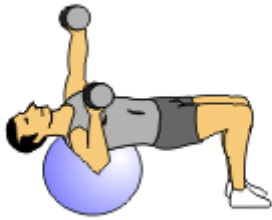
### **Classification:**

Chest (free weights)

### **Instructions:**

1. Start by lying on your back on the ball. Holding a dumbbell in each hand with your elbows out raise one leg off the floor.
2. Contract your abdominals to maintain stability and once you are stabilized press the dumbbell up above your chest.
3. Continue for the required number of repetitions and then repeat with opposite leg on the next set.

## Alternating DB Chest Press on Ball



### **Exercise Description:**

Alternating DB Chest Press on Ball

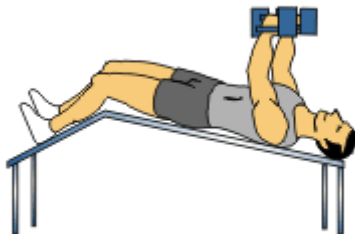
### **Classification:**

Chest (free weights)

### **Instructions:**

1. Start by lying on your back on the ball. Hold a dumbbell in each hand with your elbows out.
2. Contract your abdominals to maintain stability and once you are stabilized alternate and press one dumbbell up above your chest. Then press the other dumbbell.
3. Continue for the required number of repetitions.

Decline DB Chest Flye



### **Exercise Description:**

Decline DB Chest Flye

### **Classification:**

Chest (free weights)

### **Instructions:**

1. Lie on a decline bench with the dumbbells extended above your chest.
2. Keeping your arms semi straight bring them out to the sides and away from your body. Stop when your arms reach parallel with your body.
3. Bring them back up to the top in the same arc that you brought them down with.
4. Repeat for the recommended repetitions.







