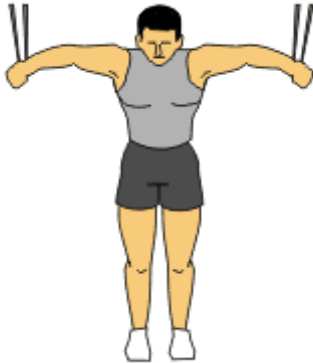


## Chest (machines)

### Standing Chest Cable Fly



#### **Exercise Description:**

Standing Chest Cable Fly

#### **Classification:**

Chest (machines)

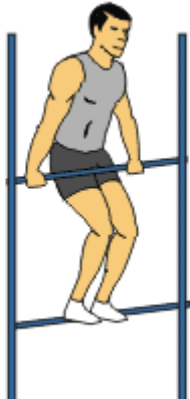
#### **Instructions:**

**Start Position:** Stand in the middle of the cable crossover and grab one cable in each hand so that your hands are extended out to the side.

Contract your chest muscles while keeping your arms semi-straight. Pull your hands in towards the front of your body keeping your arms straight.

Return to starting position and repeat.

Machine Chest Dip



#### **Exercise Description:**

Machine Chest Dip

#### **Classification:**

Chest (machines)

#### **Instructions:**

- 1) Step up on foot platform (if available) and position hands on dip bars.
- 2) Start position: Lean forward slightly so that your elbows are slightly past the plane of your back and knees slightly bent.
- 3) Lower your body until your upper arm is parallel to the floor.

- 4) Return to starting position by extending the elbows to a slightly bent position.
- 5) Remember to keep the trunk bent forward, head neutral, and chest up.

#### Machine Chest Press



#### **Exercise Description:**

Machine Chest Press

#### **Classification:**

Chest (machines)

#### **Instructions:**

- 1) Sit in upright or “bench press” position with back flat against bench and feet flat on floor.
- 2) Bottom grip position of lever arm should be aligned at the nipple-line (adjust accordingly either seat back and height adjustment, and/or lever arm). Elbows should be flexed at 90°
- 3) Start position: Press weight forward (use foot-assist if available).
- 4) Lower weight until upper arm is perpendicular to slightly past perpendicular to body. Return to start position by pressing weight forward.

#### Decline Machine Bench Press



#### **Exercise Description:**

Decline Machine Bench Press

#### **Classification:**

Chest (machines)

#### **Instructions:**

- 1) Sit in decline position with back flat against bench and feet flat on floor.
- 2) Bottom grip position of lever arm should be at the nipple-line (adjust accordingly either seat back and height adjustment, and/or lever arm). Elbows should be flexed at 90°
- 3) Start position: Press weight forward (use foot-assist if available).
- 4) Lower weight until upper arm is perpendicular to slightly past perpendicular to body.
- 5) Return to start position by pressing weight forward.

## Decline Machine Chest Fly



### **Exercise Description:**

Decline Machine Chest Fly

### **Classification:**

Chest (machines)

### **Instructions:**

- 1) Sit with back flat against pad. Adjust seat height so that upper arms are parallel to the ground when positioned in the arm pads. Adjust seat-back (if applicable) so upper arms are perpendicular to slightly forward of the body
- 2) Start position: Place arms in pads so that forearms and elbows are in contact.
- 3) Begin movement by contracting chest muscles and joining elbows together.
- 4) Return to start position.

Remember to guide the movement with the elbows and not the forearm or hands.

Horizontal Bench Press



### **Exercise Description:**

Horizontal Bench Press

### **Classification:**

Chest (machines)

### **Instructions:**

- 1) Lie on back with feet flat on floor.
- 2) Bottom grip position of lever arm should be at the nipple-line. Hand position should be wider than shoulder width or forearms should be perpendicular to floor.
- 3) Start position: Press weight up.
- 4) Lower weight until upper arm is perpendicular to slightly past perpendicular to body.
- 5) Return to start position by pressing weight up.

Seated Dip



**Exercise Description:**

Seated Dip

**Classification:**

Chest (machines)

**Instructions:**

Sit in an upright position and position hands on dip bars.

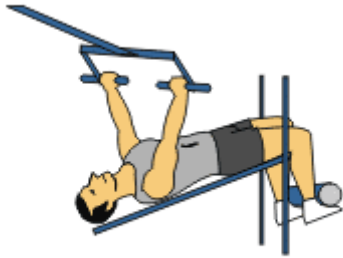
Start position: Lean forward slightly so that your elbows are slightly past the plane of your back and knees slightly bent.

Press the machine arms down until your arms are perpendicular to the floor.

Return to starting position by bending the elbows to a bent position.

Remember to keep the trunk bent forward, head neutral, and chest up.

Decline Bench Press



**Exercise Description:**

Decline Bench Press

**Classification:**

Chest (machines)

**Instructions:**

1) Sit in decline position with back flat against bench and feet flat on floor.

2) Bottom grip position of lever arm should be at the nipple-line (adjust accordingly either seat back and height adjustment, and/or lever arm). Elbows should be flexed at 90°

3) Start position: Press weight forward (use foot-assist if available).

4) Lower weight until upper arm is perpendicular to slightly past perpendicular to body.

5) Return to start position by pressing weight forward.

## Horizontal Incline Bench Press



### **Exercise Description:**

Horizontal Incline Bench Press

### **Classification:**

Chest (machines)

### **Instructions:**

- 1) Sit in "incline" position with back flat against bench and feet flat on floor.
- 2) Bottom grip position of lever arm should be at the nipple-line (adjust accordingly either seat back and height adjustment, and/or lever arm). Elbows should be flexed at 90°
- 3) Start position: Press weight forward (use foot-assist if available).
- 4) Lower weight until upper arm is perpendicular to slightly past perpendicular to body. Return to start position by pressing weight forward.

Vertical Bench Press



### **Exercise Description:**

Vertical Bench Press

### **Classification:**

Chest (machines)

### **Instructions:**

- 1) Sit in upright or "bench press" position with back flat against bench and feet flat on floor.
- 2) Bottom grip position of lever arm should be aligned at the nipple-line (adjust accordingly either seat back and height adjustment, and/or lever arm). Elbows should be flexed at 90°
- 3) Start position: Press weight forward (use foot-assist if available).
- 4) Lower weight until upper arm is perpendicular to slightly past perpendicular to body. Return to start position by pressing weight forward.

Pec Dec



**Exercise Description:**

Pec Dec

**Classification:**

Chest (machines)

**Instructions:**

Sit with back flat against pad. Adjust seat height so that upper arms are parallel to the ground when positioned in the arm pads. Adjust seat-back (if applicable) so upper arms are perpendicular to slightly forward of the body

Start position: Place arms in pads so that forearms and elbows are in contact.

Begin movement by contracting chest muscles and joining elbows together.

Return to start position.

Remember to guide the movement with the elbows and not the forearm or hands.

Horizontal Chest Cable Fly



**Exercise Description:**

Horizontal Chest Cable Fly

**Classification:**

Chest (machines)

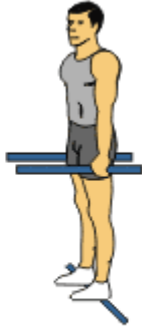
**Instructions:**

Start Position: Lie on your back in the middle of the cable crossover and grab one cable in each hand so that your hands are extended out to the side.

Contract your chest muscles while keeping your arms semi-straight. Pull your hands up overhead to the front of your body keeping your arms straight.

Return to starting position and repeat.

Assisted Dip



**Exercise Description:**

Assisted Dip

**Classification:**

Chest (machines)

**Instructions:**

- 1) Step up on foot platform (if available) and position hands on dip bars.
- 2) Start position: Keep feet on platform and suspend the body with slightly bent elbows. Lean forward slightly so that your elbows are slightly past the plane of your back and knees slightly bent.
- 3) Lower your body until your upper arm is parallel to the floor.
- 4) Return to starting position by extending the elbows to a slightly bent position.
- 5) Remember to keep the trunk bent forward, head neutral, and chest up.
- 6) Adjust the weight until the prescribed reps are challenging.

Bench Press (smith)



**Exercise Description:**

Bench Press (smith)

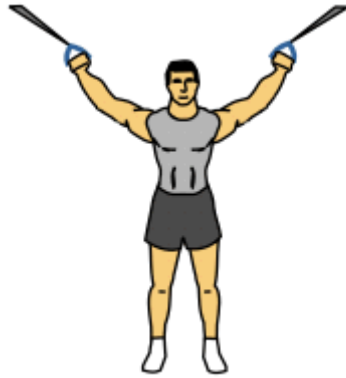
**Classification:**

Chest (machines)

**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 and release from hooks with bar directly over head.
- 4) Lower bar to chest at the nipple-line.
- 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.

Cable Chest Flye (Downward)



**Exercise Description:**

Cable Chest Flye (Downward)

**Classification:**

Chest (machines)

**Instructions:**

1. Start by grabbing a cable in each hand with your arms extended out and above shoulder level.
2. Keeping your arms straight bring your arms down and in towards the center of your midsection.
3. You are trying to primarily use your chest muscles to bring your arms together.
4. Return to the starting position and repeat for the desired repetitions.

Seated Incline Chest Press



**Exercise Description:**

Seated Incline Chest Press

**Classification:**

Chest (machines)

**Instructions:**

1. Start by sitting in the machine and placing your hands on the arms of the machine.
2. Push the arms up and out away from your body until your arms are extended.
3. Return to the starting position and repeat.

Machine Incline Chest Press





**Exercise Description:**

Machine Incline Chest Press

**Classification:**

Chest (machines)

**Instructions:**

1. Start by sitting in the machine and placing your hands on the arms of the machine.
2. Press the arms up and out away from your body until your arms are extended.
3. Return to the starting position and repeat.

