

## Chest (resistance bars)

### Front Clips



#### **Exercise Description:**

Front Clips

#### **Classification:**

Chest (resistance bars)

#### **Instructions:**

1. Place your feet together and keep your head straight.
2. Lock your arms in front of you and open the resistance bars as wide as you possibly can, hold for five to ten seconds then slowly close them.
3. Inhale when opening the resistance bars and exhale when closing them.
4. Place the resistance bars at different angles to target different muscles. Extend your arms out further to increase resistance.

Half Moon



#### **Exercise Description:**

Half Moon

#### **Classification:**

Chest (resistance bars)

#### **Instructions:**

1. Place feet a little more than shoulder width apart and assume a slight squat.
2. Place the resistance bars at your chest and open them as wide as you possibly can.
3. Maintaining the distance between resistance bars extend the resistance bars to your left side. In one fluid circular half moon motion extend the resistance bars to your right and back to center. Repeat in opposite direction.

4. Do not close the resistance bars until you complete your set.
  5. Inhale opening resistance bars, exhale during circular half moon motion.
- Push Pull



**Exercise Description:**

Push Pull

**Classification:**

Chest (resistance bars)

**Instructions:**

1. Stand with feet together with resistance bars at chest level. Open resistance bars as wide as you possibly can and slowly extend your arms forward maintaining the width between the resistance bars that you established at your chest.
2. Slowly return resistance bars to your chest and repeat. Do not close the resistance bars until you have completed your set.
3. Inhale as you pull resistance bars apart and exhale when pushing out. Inhale returning the resistance bars to your chest.

V-Ups



**Exercise Description:**

V-Ups

**Classification:**

Chest (resistance bars)

**Instructions:**

1. Lie down on your back with your legs straight and arms extended above your head (with or without the resistance bars).
2. Open the resistance bars as wide as you possibly can and simultaneously raise your arms and legs in the air above your mid-section.
3. Lower your arms and legs back to the floor but do not let your feet touch the ground.
4. Repeat until you complete your set.

5. Inhale opening the resistance bars and exhale as you rise. Inhale returning to start position.