



Chest Exercises


Pectoralis Major (Chest)




Deltoids (Shoulders)



Triceps



Bench Press



Furman University
Greenville, SC


Lie on the bench and place your hands wider than shoulder width apart on the bar. The Olympic bar in the picture weighs 45 pounds unloaded. Notice the two line markers on the bar. Place your hands inside of these markers. Always use collars and a spotter when performing this exercise.

Carefully move the bar off of the safety rests. Place the bar directly over your shoulders. Keep your elbows straight but not locked. Inhale and slowly lower the weight to touch the midline of your chest. Exhale and press the weight up to the starting position. When you have completed your set, carefully return the bar to the safety rests.


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Incline Bench Press

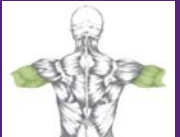
**Pectoralis Major
(Upper Chest)**




**Deltoids
(Shoulders)**



Triceps






Sit on the bench. Adjust the height of the seat if needed. Place your hands wider than shoulder width apart on the bar. The Olympic bar in the picture weighs 45 pounds unloaded. Notice the two line markers on the bar. Place your hands inside of these markers. Always use collars and a spotter when performing this exercise.

Carefully move the bar off of the safety rests. Place the bar directly over your shoulders. Keep your elbows straight but not locked. Inhale and slowly lower the weight to touch the top of your chest. Exhale and press the weight up to the starting position. When you have completed your set, carefully return the bar to the safety rests.


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Dumbbell Chest Press

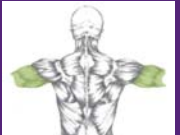
**Pectoralis Major
(Chest)**




**Deltoids
(Shoulders)**



Triceps





Select dumbbells and lie on the bench. Keep your lower back close to the bench. Place your hands directly over your shoulders using an overhand grip. Keep your elbows straight but not locked.


Inhale and slowly lower the weights so your hands are level with the midline of your chest. Your wrists should be lined up over your elbows. Exhale and press the weights up to the starting position.

When you have completed your set, carefully place one dumbbell on the floor at a time. Return to a seated position.


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Med-X Chest Press

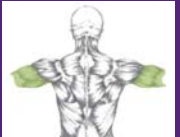
**Pectoralis Major
(Chest)**





**Deltoids
(Shoulders)**



Triceps




Sit on the seat with your back against the back rest. Place your hands on the handlebars so they are level with the midline of your chest. Use the seat adjustment to raise or lower the seat if needed. Notice the double weight stack that allows for smaller weight increments.

Cross your ankles to keep your lower back close to the back rest. Exhale and press the handles away from you. Keep your elbows straight but not locked. Inhale and slowly return the weight to the starting position.


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Trotter Chest Press

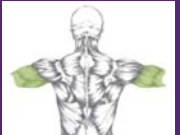
**Pectoralis Major
(Chest)**





**Deltoids
(Shoulders)**



Triceps



Sit on the seat with your back against the back rest. Raise or lower the seat if needed so the handlebars are in line with the midline of your chest. Place your hands on your lap. Step on the foot assist to bring the handlebars forward. Place your hands on the handlebars and slowly release the foot assist. Place your feet on the foot platform.


Exhale and press the handles away from you. Keep your elbows straight but not locked. Inhale and slowly return the weight to the starting position.

When you have completed the set, step on the foot assist with both feet. Slowly remove your hands from the handlebars and use the foot assist to return the weight back to the weight stack.


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Dumbbell Chest Fly

**Pectoralis Major
(Chest)**



**Deltoids
(Shoulders)**





Select dumbbells and lie on the bench. Keep your lower back close to the bench. Place your hands directly over your shoulders and face your palms toward each other. Keep your elbows straight but not locked.


Inhale and slowly open your arms out to the sides. You should feel a slight stretch in the front of your shoulders. Be careful not to overstretch your shoulders. Exhale and return the weights to their starting position.

When you have completed your set, carefully place one dumbbell on the floor at a time. Return to a seated position.


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Nebula Chest Fly

**Pectoralis Major
(Chest)**



**Deltoids
(Shoulders)**






Adjust the range limiter at the top of the machine to allow for a full range of motion (usually the third hole for most people). Sit on the seat with your back against the back rest. Raise or lower the seat if needed so your hands are in line with the middle of your chest.

Keep your elbows straight but not locked. Exhale and bring your hands together. Inhale and slowly release the weight back to the starting position.


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Cable Crossover Chest Fly

**Pectoralis Major
(Chest)**



**Deltoids
(Shoulders)**




Select weight on each weight stack of the Cable Crossover machine. Attach the single handles to each of the high pulleys. Take a staggered stance with one foot forward. Turn your palms facing forward as shown.

Exhale and slowly bring your hands together. Aim the motion slightly downward as a continuation of the line of the cables. Inhale and slowly return the weight back to the starting position. Be careful not to overstretch your shoulders.


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Push-up


**Pectoralis Major
(Chest)**





**Deltoids
(Shoulders)**



Triceps




Place your hands slightly wider than shoulder width apart. Keep your elbows straight but not locked. Draw your shoulder blades down and back to flatten your upper back. Keep your shoulders, hips, and ankles in alignment.

Inhale and slowly lower your chest until it is about 3-4 inches off of the floor. Exhale and press up to the starting position without locking your elbows.


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Push-up (Modified)

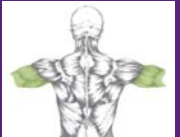
Pectoralis Major (Chest)




Deltoids (Shoulders)




Triceps





This is a modified version of the traditional Push-up.

Place your hands slightly wider than shoulder width apart. Keep your elbows straight but not locked. Draw your shoulder blades down and back to flatten your upper back. Keep your shoulders, hips, and knees in alignment.




Inhale and slowly lower your chest until it is about 3-4 inches off the floor. Exhale and press up to the starting position without locking your elbows.


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Push-up on Stability Ball

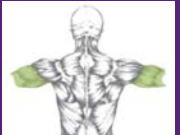
Pectoralis Major (Chest)




Deltoids (Shoulders)




Triceps





The Stability Ball creates an unstable environment and incorporates more muscles than traditional push-ups. This is an advanced exercise.

Place your shins or toes on the stability ball. Place your hands slightly wider than shoulder width apart. Keep your elbows straight but not locked. Draw your shoulder blades down and back to flatten your upper back. Keep your shoulders, hips, and ankles in alignment.




Inhale and slowly lower your chest until it is about 6-8 inches off the floor. Exhale and press up to the starting position without locking your elbows.


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Push-up on Stability Ball (Modified)

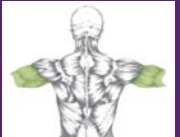
Pectoralis Major (Chest)

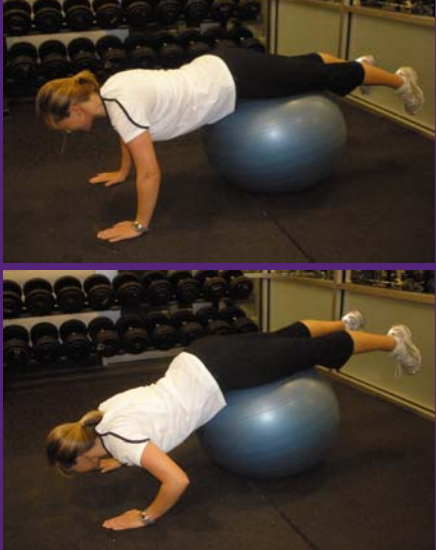


Deltoids (Shoulders)



Triceps





The Stability Ball creates an unstable environment and incorporates more muscles than traditional push-ups. This is a modified exercise.


Place your hips or thighs on the stability ball. Place your hands slightly wider than shoulder width apart. Keep your elbows straight but not locked. Draw your shoulder blades down and back to flatten your upper back. Keep your shoulders, hips, and thighs in alignment.

Inhale and slowly lower your chest until it is about 6-8 inches off of the floor. Exhale and press up to the starting position without locking your elbows.

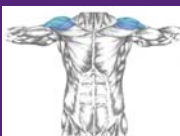
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BOSU Push-up

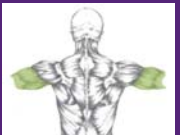
Pectoralis Major (Chest)




Deltoids (Shoulders)



Triceps





The BOSU stands for "Both Sides Up." It creates an unstable environment and incorporates more muscles than traditional push-ups. This is an advanced exercise.


Place your hands on the handles. Keep your elbows straight but not locked. Draw your shoulder blades down and back to flatten your upper back. Keep your shoulders, hips, and ankles in alignment.

Inhale and slowly lower your chest until it is about 6-8 inches off of the BOSU. Exhale and press up to the starting position without locking your elbows.


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BOSU Push-up (Modified)



Pectoralis Major (Chest)



Deltoids (Shoulders)




Triceps

The BOSU stands for "Both Sides Up." It creates an unstable environment and incorporates more muscles than traditional push-ups. This is an modified exercise.

Place your hands on the handles. Keep your elbows straight but not locked. Draw your shoulder blades down and back to flatten your upper back. Keep your shoulders, hips, and ankles in alignment.



Inhale and slowly lower your chest until it is about 6-8 inches off of the BOSU. Exhale and press up to the starting position without locking your elbows.