

Chest Press

Strength

HOW TO

- Sit comfortably on the chair and position your hands at the bottom of the hand grips
- Your palms should face forward
- Engage your core, tilt your chin slightly toward the chest and ensure you have a stable and comfortable position
- Push the bar forwards, taking care not to lock out the elbows. It's okay to straighten the arms as long as you don't do it with sudden force
- In a slow controlled movement return to the starting position
- Repeat



BEGINNER

Leave your feet on the ground to make the exercise easier if you are developing strength

ADVANCED

Lift your feet off the ground to add weight

