

CHEST EXERCISES

WARNING!
 Position body.
 Position feet flat
 and back flat.
 Flex muscles.

MOVEMENT
 Controlled, full range lifting
 and lowering motions.
 Maximize muscle an
 maximum contraction.

FORM
 Maximize body throughout
 exercises. DO NOT swing
 and rely on momentum
 to move weight.

INDICATIONS
 DON'T use! LIFTING! BENCH! when
 LOWERING! DO NOT Fall! when!
 Experienced lifters may practice different
 breathing techniques for specific lifts.

FREQUENCY
 Train 2-3 times a week. Adequate recovery
 time is essential. DO NOT train. Exceeding
 body's capacity to recover can reduce
 progress or even decrease performance.

SYNERGIST
 Train chest with
 muscle groups to
 retain proportion.

EXERCISE TYPES
 COMPOUND exercises
 involve multiple joints.
 ISOLATION exercises
 involve a single joint.



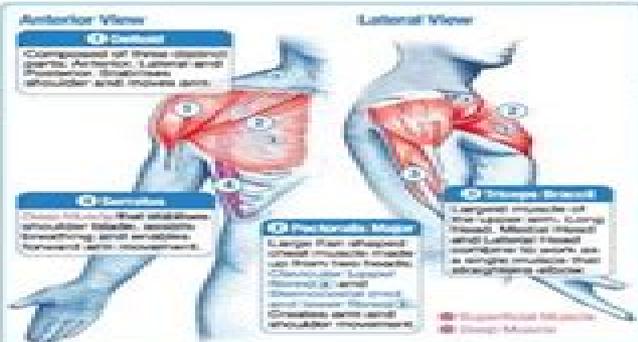
Flat Bench Press
 Pectoralis Major (Leads)
 Anterior Deltoid (Tertiary)
 Compound Exercise

Flat Bench Press: Techniques & Variations
 Wide Shoulder Width Grip - Slowly LOWER (Bar To Chest) DO NOT
 Push (Bar) - Press (Bar) - Lower (Bar) - Repeat (Bar) - Use SPOT (Bar) when Lifting Heavy
 • Dumbbell Press: Both sides working independently identifies strength imbalances. Engage More Stabilizing Muscles.
 • Machine Press: Engage Lower Stabilizing Muscles. Spotters Not Required.
 • Push-Ups: Use Bodyweight. Flexes Feet To Increase Stability. No Spotters Required.



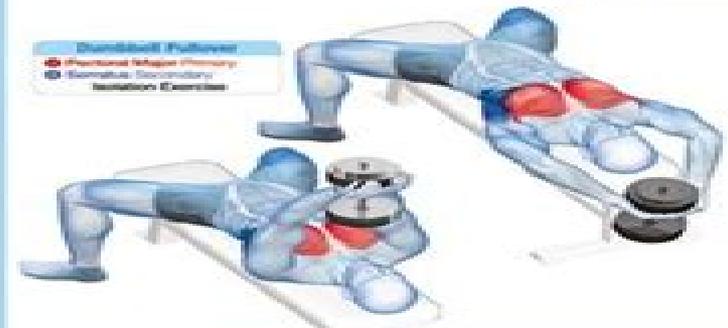
Dumbbell Fly
 Pectoralis Major (Leads) Anterior Deltoid (Tertiary)
 Isolation Exercise

Dumbbell Fly: Techniques & Variations
 Wide Flaring Grip - Arms Extended Higher (Over Head) Lower - LOWER Arms -
 Lower (Fly) - Lower (Fly) - Repeat (Fly) - Use SPOT (Fly) when Lifting Heavy
 • Bench Position: ROLLED Loads Upper Chest DECLINED Loads Lower Chest
 • Double Fly: Double Load Throughout Exercise. Double Flys involve Neck Hang.
 • Pre-Chest Machine: Enhanced Isolation. Engage Low Stabilizing Muscles.



Declined Bench Press
 Pectoralis Major (Leads)
 Anterior Deltoid (Tertiary)
 Compound Exercise

Declined Bench Press: Techniques & Variations
 Wide Shoulder Width Grip - Slowly LOWER (Bar To Chest) DO NOT
 Push (Bar) - Press (Bar) - Lower (Bar) - Repeat (Bar) - Use SPOT (Bar) when Lifting Heavy
 • Dumbbell Press: Both sides working independently identifies strength imbalances. Engage More Stabilizing Muscles.
 • Machine Press: Engage Lower Stabilizing Muscles. Spotters Not Required.



Dumbbell Pullover
 Pectoralis Major (Primary)
 Serratus Anterior
 Isolation Exercise

Incline Bench Press
 Pectoralis Major (Leads)
 Upper Chest (Primary)
 Anterior Deltoid (Tertiary)
 Compound Exercise

Dumbbell Pullover: Techniques & Variations
 Wide Grip - Arms Extended - Slowly LOWER (Dumbbell Behind Head) - HOLD (and Feet)
 - Repeat (Dumbbell Behind Head) - Repeat (Dumbbell Behind Head) - Repeat (Dumbbell Behind Head)
 • Cross-Bench Pullover: Lie Between 90° Shoulders and Upper Back Supported by Bench. Legs Bent. Feet Flat. Engage Deep Muscles of Chest and Torso.
 • Barbell Pullover: Under Grip Engage Latissimus Dorsi.

Incline Bench Press: Techniques & Variations
 Wide Shoulder Width Grip - Slowly LOWER (Bar To Chest) DO NOT
 Push (Bar) - Press (Bar) - Lower (Bar) - Repeat (Bar) - Use SPOT (Bar) when Lifting Heavy
 • Dumbbell Press: Both sides working independently identifies strength imbalances. Engage More Stabilizing Muscles.
 • Machine Press: Engage Lower Stabilizing Muscles. Spotters Not Required.

ENDURANCE
 Before starting a new physical activity seek medical assistance. If unable or have to perform an exercise seek competent assistance.

FITNESS
 DO NOT train if unwell, injured, or have medical advice. Under influence of drugs or alcohol.

EQUIPMENT
 Check equipment is safe. DO NOT use equipment if not safe. Always use proper technique. Use equipment after use.

SPOTTERS
 When heavy lifting or if unsure, use spotters or help of helper (use to help or injury).

NEW PROTOCOL
 Stay alert. Be conservative. Don't use heavy weights. Avoid overtraining.

RECOVERY
 Balanced high protein diet. Get before and after training to provide fuel for recovery and recovery. Stay hydrated.

FORM
 During exercises DO NOT ignore advice. GET ON and seek medical advice.



Strength Training For The Chest Poster

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Strength Training For The Chest Poster:

Reviewing **Strength Training For The Chest Poster**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Strength Training For The Chest Poster**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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