

CHEST EXERCISES

WARNING-LIFT:
Anatomical safety.
Increased heart rate
and blood flow.
Flow muscles.

WARMUP:
Controlled, full range lifting
and lowering motions.
Squeeze muscles on
maximum contraction.

FORM:
Always throughout
exercise. DO NOT swing
and rely on momentum
to move weight.

TECHNIQUES:
FORMAL when LIFTING, IN PLACE when
LOWERING. DO NOT hold breath.
Experienced lifters may practice different
breathing techniques for specific lifts.

FREQUENCY:
Train at least twice a week. Allow muscles
time to rest. DO NOT over train. Exceeding
body's capacity to recover can reduce
progress or even decrease performance.

EXERCISE:
Train with select
of all on select
muscle groups to
retain proportion.

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



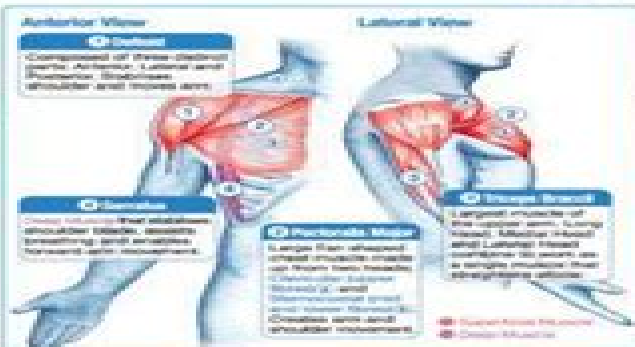
Flat Bench Press
1. Pectoralis Major (Lateral)
2. Triceps (Secondary)
3. Anterior Deltoid (Secondary)
Compound Exercise



Dumbbell Fly
1. Pectoralis Major (Lateral)
2. Triceps (Secondary)
3. Anterior Deltoid (Secondary)
Isolation Exercise

Flat Bench Press Technique & Variations:
Wide Shoulder Width Grip - Slightly LOWER than to chest DO NOT
rest your elbows on the bench. Lower the barbell to chest level.
• Dumbbell Press: Both sides moving independently identifies strength imbalance. Engages More Stabilizing Muscles.
• Machine Press: Enhanced isolation. Engages Less Stabilizing Muscles. Spotter Not Required.
• Push-Ups: Use Bodyweight. Elevate Feet To Increase Difficulty. No Equipment Needed.

Dumbbell Fly Technique & Variations:
Wide Shoulder Grip - Arms Extended Fully. Lower Fly to chest level. - LOWER Arms
than chest. - Slightly LOWER than to chest DO NOT rest your elbows on the bench. Lower the
dumbbells to chest level. - USE SPOTTERS when Lifting Heavy.
• Bench Position: INCLINED Lateral Upper Chest DECLINED Lateral Lower Chest
• Cable Flys: Constant Load Throughout Exercise. Cautious Hands. Incline. Make Hangs.
• Pre-Deck Machine: Enhanced isolation. Engages Less Stabilizing Muscles.



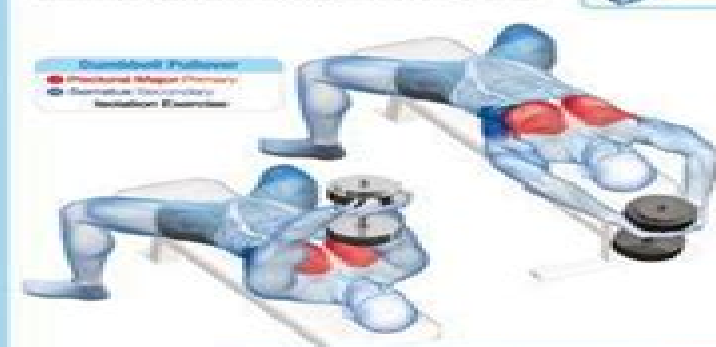
Anterior View
1. Pectoralis Major
2. Anterior Deltoid
3. Triceps
Compound of three distinct
muscles. Anterior, Lateral and
Posterior. Stabilizes
shoulder and moves arm.

Lateral View
1. Pectoralis Major
2. Triceps
3. Anterior Deltoid
Compound of three distinct
muscles. Anterior, Lateral and
Posterior. Stabilizes
shoulder and moves arm.



Declined Bench Press
1. Pectoralis Major (Lateral)
2. Triceps (Secondary)
3. Anterior Deltoid (Secondary)
Compound Exercise

Declined Bench Press Technique & Variations:
Wide Shoulder Width Grip - Slightly LOWER than to chest DO NOT
rest your elbows on the bench. Lower the barbell to chest level.
• Dumbbell Press: Both sides moving independently identifies strength imbalance. Engages More Stabilizing Muscles.
• Machine Press: Enhanced isolation. Engages Less Stabilizing Muscles. Spotter Not Required.



Dumbbell Pullover
1. Pectoralis Major (Primary)
2. Triceps (Secondary)
3. Anterior Deltoid (Secondary)
Isolation Exercise

Incline Bench Press
1. Pectoralis Major (Lateral)
2. Triceps (Secondary)
3. Anterior Deltoid (Secondary)
Compound Exercise

Dumbbell Pullover Technique & Variations:
Wide Grip - Arms Extended - LOWER Dumbbell behind head - HOLD and Pull
down. - Slightly LOWER than to chest DO NOT rest your elbows on the bench. Lower the
dumbbells to chest level. - USE SPOTTERS when Lifting Heavy.
• Cable Pullover: On Cableway With Shoulders And Upper Back Supported
by Bench. Legs Bent. High Low. Engages Deep Muscles Of Chest And Back.
• Barbell Pullover: Under Grip Engages Latissimus Dorsi.

Incline Bench Press Technique & Variations:
Wide Shoulder Width Grip - Slightly LOWER than to chest DO NOT
rest your elbows on the bench. Lower the barbell to chest level.
• Dumbbell Press: Both sides moving independently identifies strength imbalance. Engages More Stabilizing Muscles.
• Machine Press: Enhanced isolation. Engages Less Stabilizing Muscles. Spotter Not Required.

CAUTION:
Before starting a new physical
activity seek medical advice.
Injuries or how to perform an
exercise with common warnings.

FITNESS:
DO NOT train if unwell,
injured, exposed medical
device, under influence of
drugs or alcohol.

EQUIPMENT:
Check equipment is safe.
DO NOT use equipment
that is damaged or unsafe.
Wipe equipment after use.

SPOTTERS:
When heavy lifting or if
unwell, use spotters or
other people to help or
injury.

GYM PROTOCOL:
Stay alert.
Be considerate.
Respect others.
Prevent slip hazards.

RECOVERY:
Balanced high protein diet.
Eat before and after training.
To prevent heat or dehydration
and recovery. Stay hydrated.

HAIR:
During exercise DO
NOT ignore scalp
pain, itching and need
medical advice.

Strength Training For The Chest Poster

SJ Ball



Strength Training For The Chest Poster:

Decoding **Strength Training For The Chest Poster**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Strength Training For The Chest Poster**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

<https://archive.kdd.org/files/publication/index.jsp/speaking%20of%20sex.pdf>

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Strength Training For The Chest Poster Introduction

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