

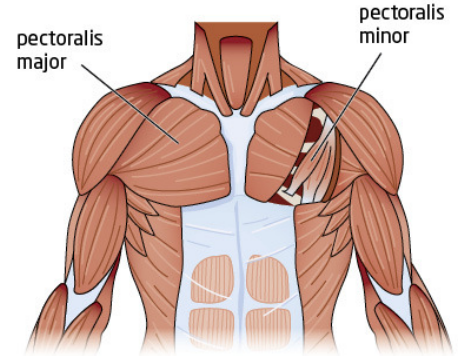


# Healthy Habits Exercise Series

## Week 5: Chest

### Benefits of Chest Exercises

- 1) **Improve Overall Strength:** Your chest plays a crucial role in almost all upper body exercises and improves strength in the upper body.
- 2) **Burn Calories:** Larger muscles [like the chest] are capable of a larger workload, thus, increasing energy expenditure and burning more calories.
- 3) **Improved Posture:** A developed chest that is balanced with the back encourages good posture and helps with stability.



### Chest Exercises

<p><b>Band Chest Press</b></p>	<p>Wrap a band underneath a tall bench or step or directly under you. If you use a bench, sit near the edge, grasping handles in each hand at the side of the bench. Lie back until back is flat on bench, feet are flat on floor, knees are bent. Hold hands on each side of your chest, knuckles up.</p> <p>Exhale and extend your arms straight up into the air without locking elbows. Inhale and slowly lower to starting position to complete one rep. Keep back flat during entire movement. Do 12-15 reps, three times.</p>
<p><b>Push ups</b></p>	<p>Start with hands shoulder width apart on the floor and up on your toes, so that your body is supported, keeping your body as straight as possible.</p> <p>Inhale and bend your elbows and lower chest to 90 degrees at the elbows. Exhale and push up so that your arms are straight, making sure your elbows aren't completely locked. Don't lock elbows out completely. Look straight ahead and keep spine in a neutral position. Do 12-15 reps, three times.</p>
<p><b>Ball Chest Flys</b></p>	<p>Lie on your back, shoulder blades on top of the exercise ball, back extended, knees flexed at 90 degree angles and hold dumbbells out to each side of your body.</p> <p>Keeping your elbows just slightly bent, exhale and pull the dumbbells in and up. Inhale and slowly lower them down after a short pause. Do 12-15 reps, three times.</p>
<p><b>Incline Bench Press</b></p> <p><b>Decline Bench Press</b></p>	<p><b>(Top):</b> Set an adjustable bench to its lowest incline and lie faceup, holding dumbbells above your shoulders with your arms straight. Lower the dumbbells to the sides of your upper chest so your elbows are at 45-90 degree angle. Pause, then press the weights back up to start. Make sure your lift is perpendicular, straight up and straight down.</p> <p><b>(Bottom):</b> Set an adjustable bench to a degree of decline around 20-30 degrees. Repeat incline bench press.</p> <p>Do 12-15 repetitions, three times.</p>

Resource: <http://www.myweightlifting.com/>