

HEALTHY HABITS

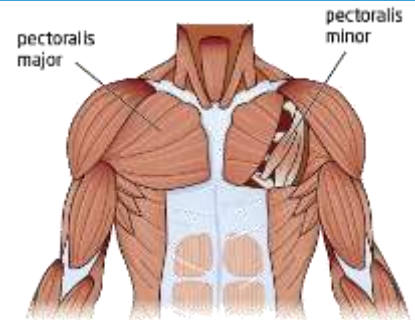
STRONG CHEST

The Benefits of Chest Exercises

Improved Overall Strength. Your chest plays a crucial role in almost all upper body exercises and movements.

More Calorie Burning. Larger muscles like the chest are capable of a bigger workout. This increases energy expenditure and burns more calories.

Improved Posture. A developed chest that is balanced with the back encourages good posture and helps with stability.



Chest Exercises



Band Chest Press

Wrap a band under a bench or place it under you. Lower yourself onto your back. If using a bench, lie with your back flat, feet flat on the floor, and knees bent. Hold the band in your hands, knuckles facing up. Exhale and extend your arms straight into the air without locking your elbows. Inhale and slowly lower to the starting position to complete one rep. Keep the back flat during the entire movement. Do 12 to 15 reps, and repeat three times.



Push-ups

Start with hands shoulder-width apart on the floor and up on your toes, so that your body is supported. Keep your body as straight as possible. Inhale and lower your chest to 90 degrees at the elbows. Exhale and push up so your arms are straight, making sure your elbows aren't completely locked. Look straight ahead and keep the spine in a neutral position. Do 12 to 15 reps, and repeat three times.



Ball Chest Flys

Lie on your back with shoulder blades on the exercise ball. Your back should be extended and knees flexed at 90-degree angles. Hold dumbbells out to each side of your body. 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 to 15 reps, and repeat three times.



Incline Bench Press

Set an adjustable bench to its lowest incline and lie faceup. Hold dumbbells above your shoulders with your arms straight. Lower dumbbells to the sides of your upper chest so elbows are at 45-90 degrees. Pause, then press the weights back up. Ensure your lift is perpendicular, straight up and straight down. Do 12 to 15 reps, and repeat three times.



Decline Bench Press

Set an adjustable bench to a degree of decline around 2 to 30 degrees. Repeat incline bench press. Do 12 to 15 reps, and repeat three times.

Source: www.myweightlifting.com

Note: We advise that you consult with a health care practitioner before beginning any new exercise program.