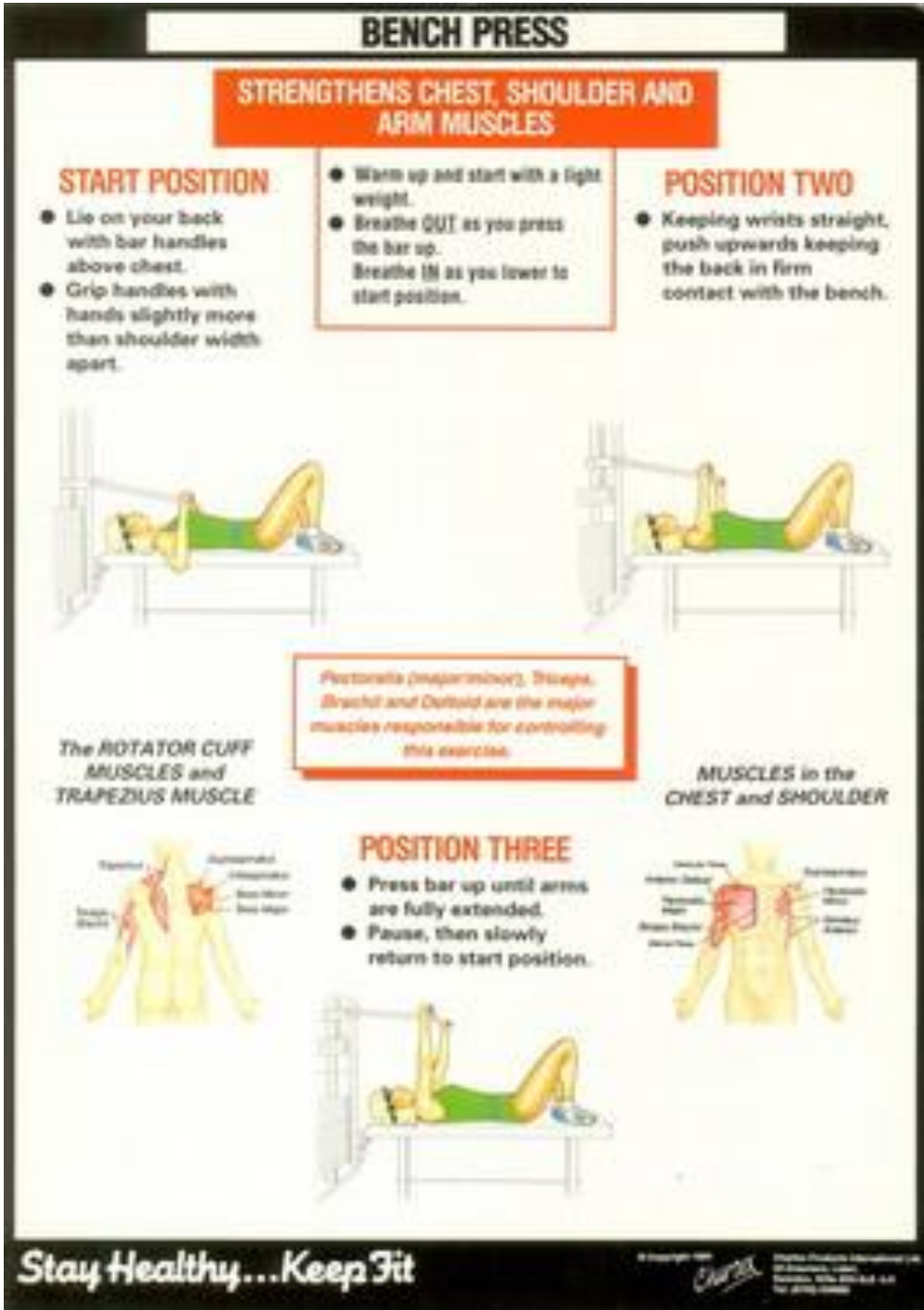


## Bench Press Machine Mounted Chart– CT045

<p><b>Description</b></p>	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the exercise. Three positions show the exercise from start to finish each with instruction information to ensure the exercise is done properly and safely. This helps to reinforce coaching by the Gym Instructor and the A5 size makes it ideal for fixing onto your training machine.</p>
<p><b>Details</b></p>	<p>1. Dimension: A5 Size</p>
<p><b>Image</b></p>	 <p><b>BENCH PRESS</b></p> <p><b>STRENGTHENS CHEST, SHOULDER AND ARM MUSCLES</b></p> <p><b>START POSITION</b></p> <ul style="list-style-type: none"> <li>● Lie on your back with bar handles above chest.</li> <li>● Grip handles with hands slightly more than shoulder width apart.</li> </ul> <p>● Warm up and start with a light weight.</p> <p>● Breathe <b>OUT</b> as you press the bar up.</p> <p>● Breathe <b>IN</b> as you lower to start position.</p> <p><b>POSITION TWO</b></p> <ul style="list-style-type: none"> <li>● Keeping wrists straight, push upwards keeping the back in firm contact with the bench.</li> </ul> <p><i>Pectoralis (superior), Triceps, Brachial and Deltoid are the major muscles responsible for controlling this exercise.</i></p> <p>The <b>ROTATOR CUFF MUSCLES</b> and <b>TRAPEZIUS MUSCLE</b></p> <p><b>MUSCLES in the CHEST and SHOULDER</b></p> <p><b>POSITION THREE</b></p> <ul style="list-style-type: none"> <li>● Press bar up until arms are fully extended.</li> <li>● Pause, then slowly return to start position.</li> </ul> <p><i>Stay Healthy... Keep Fit</i></p> <p><small>© Copyright 1998 Chorel Fitness Products International Ltd 100, Wai Yee Street, Tsim Sha Tsui Kowloon, Hong Kong</small></p>