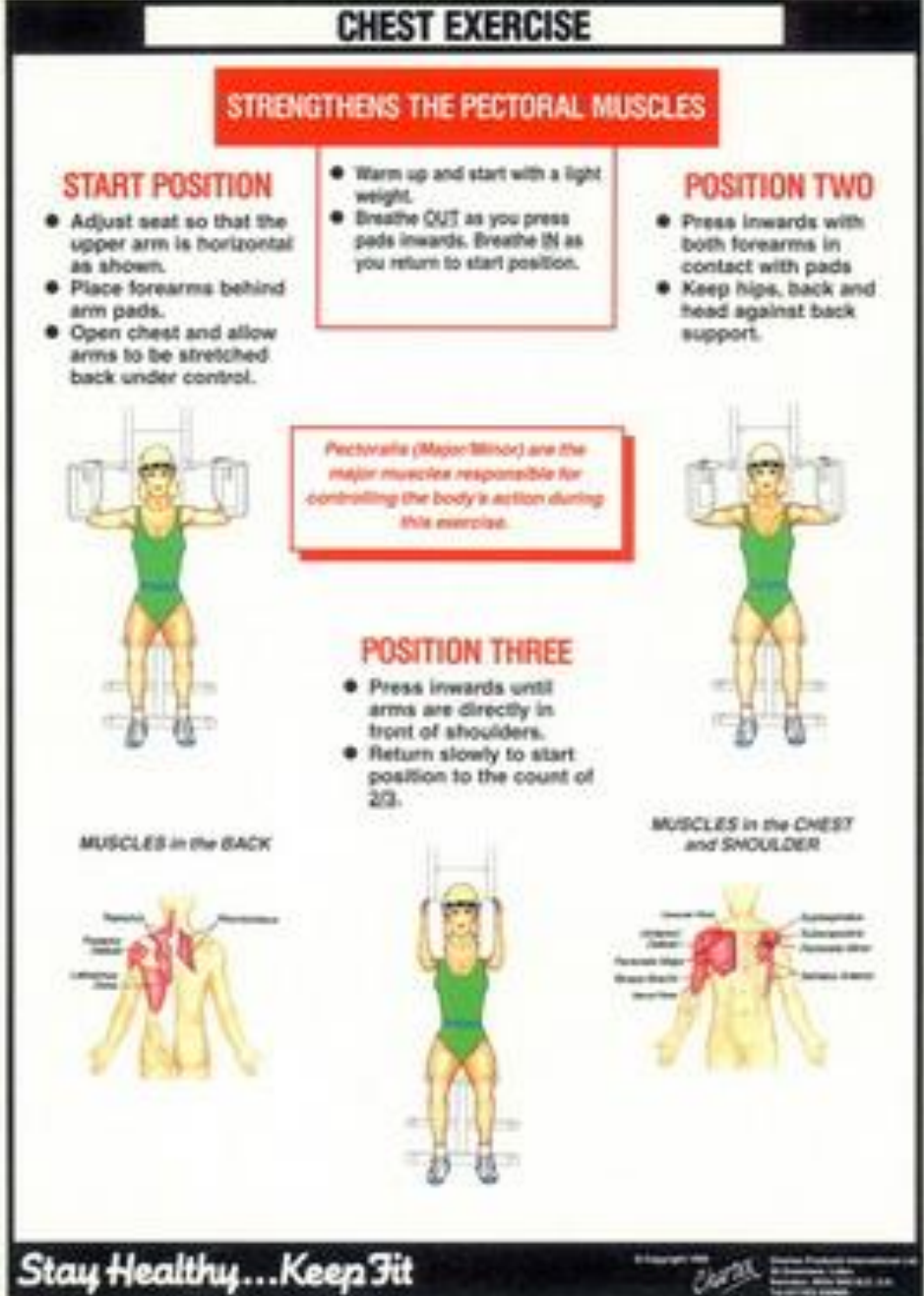


Chest Exercise Machine Mounted Chart– CT052

Description	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the exercise. Advice is given about warming-up with a light weight before you start training, as well as breathing during the exercise. Three exercise positions are shown from the starting position through to finish position and instructional information describes the correct technique to follow throughout the exercise together with an explanation of muscle action. This helps to reinforce coaching by the Gym Instructor. The A5 size makes it ideal for fixing on to your training machine.</p>
Details	1. Dimension: A5 Size
Image	 <p>CHEST EXERCISE</p> <p>STRENGTHENS THE PECTORAL MUSCLES</p> <p>START POSITION</p> <ul style="list-style-type: none"> ● Adjust seat so that the upper arm is horizontal as shown. ● Place forearms behind arm pads. ● Open chest and allow arms to be stretched back under control. <p>● Warm up and start with a light weight. ● Breathe OUT as you press pads inwards. Breathe IN as you return to start position.</p> <p>POSITION TWO</p> <ul style="list-style-type: none"> ● Press inwards with both forearms in contact with pads ● Keep hips, back and head against back support. <p><i>Pectoralis (Major/Minor) are the major muscles responsible for controlling the body's action during this exercise.</i></p> <p>POSITION THREE</p> <ul style="list-style-type: none"> ● Press inwards until arms are directly in front of shoulders. ● Return slowly to start position to the count of 2/3. <p>MUSCLES in the BACK</p> <p>MUSCLES in the CHEST and SHOULDER</p> <p>Stay Healthy...Keep Fit</p>