

Chest Exercise Wall Mounted Chart– CT113

Description	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the chest exercise. Advice is given on warming-up with a light weight before training and breathing during the exercise. Four positions show how to go through the exercise from start to finish together with muscle action at each stage of the exercise. This helps to reinforce coaching by the Gym Instructor. The chart is ideal for fixing on the wall next to your weight training machine.</p>
Details	1. Dimension: A3 Size
Image	<p>CHEST EXERCISE</p> <p>START POSITION</p> <ol style="list-style-type: none"> 1. Adjust seat so that the upper arms are horizontal as shown. 2. Place forearms behind ears. 3. Open chest and allow arms to be stretched back. <p>The shoulder around the shoulder blade moves the shoulders back, the deltoid (the arm up to provide the leverage against the push, whilst the Pectoralis are stretched)</p> <p>STRENGTHENS THE PECTORAL MUSCLES</p> <ol style="list-style-type: none"> 1. Warm up and start with a light weight. 2. Increase the weight and number of repetitions as directed by your training instructor or instructor. 3. As you press the push bar towards the front of the chest, as you return to the start position breathe in to the count of 2-3. <p>Maintain this controlled rhythm</p> <p>MUSCLES IN THE BACK</p> <p>Trapezius, Rhomboid, Latissimus Dorsi</p> <p>POSITION TWO</p> <ol style="list-style-type: none"> 1. Press both forearms towards the push bar. 2. Keep feet, back and head against the back support. <p>The Pectoralis, Biceps, parts of Deltoid and Coraco-Brachialis at the front of the shoulder share the arm's forward</p> <p>POSITION THREE</p> <ol style="list-style-type: none"> 1. Continue pressing forwards with both forearms in contact with push bar. 2. Keep back erect and supported against back rest. <p>Pectoralis (Major Muscle) are the major muscles responsible for controlling the body's action during this exercise.</p> <p>MUSCLES IN THE CHEST AND SHOULDER</p> <p>Coraco-Brachialis, Deltoid, Pectoralis Major, Pectoralis Minor, Biceps Brachii, Brachialis</p> <p>The muscles mentioned in Position 2 continue to work. The shoulder is drawn forward by Deltoid Anterior and Pectoralis Minor</p> <p>POSITION FOUR</p> <ol style="list-style-type: none"> 1. Press forwards until the arms are directly in front of the shoulders. 2. Return slowly to start position to the count of 2-3. <p>All muscles mentioned work to control the movement of arms and shoulders back to the start position.</p> <p>Stay Healthy... Keep Fit</p>