Muscle Strengthening at the Gym (Chest Press)

(Dave Patania)

Our next machine is the chest press, and it's going to work yep, you guessed it – the chest muscles. Adjust the seat height so that the handles are in line with your mid chest area.

Keeping your wrists, elbows, and shoulders in line exhale and push forward, extending your arms and keeping your back flat against the seat.

Again, never lock your elbows.

Bring the weight back down, inhaling as you return to your starting position. You should feel a slight stretch in your chest when you return to your starting position.

Repeat the motion until you've completed 8 to 12 repetitions.