

Exercises for the Chest (Pectoralis)

Around the World

Major Muscle Group: Pectoralis

Grab two dumbbells and lie on a bench. Now put the dumbbells face up toward the ceiling on your upper thighs while keeping your elbows slightly bent. Now move the barbells, not up, but around as if you are drawing an angel in the snow. Bring them behind your head so that they touch each other and return to the original position. Repeat.



Barbell Bench Press — Medium Grip

Major Muscle Group: Pectoralis

Other Muscles Worked: Triceps, Shoulders

Lie on a flat bench with your feet flat on the floor a little more than shoulder-width apart (or have your knees bent and on the weight bench). Keep your back flat on the bench! Using a grip broader than shoulder-width, hold the barbell above your body, and then lower slowly to the middle of your chest. Without bouncing the weight off your chest, drive the barbell up over the middle of your chest until your arms are straight and your elbows are almost locked. Lower the bar down slowly.

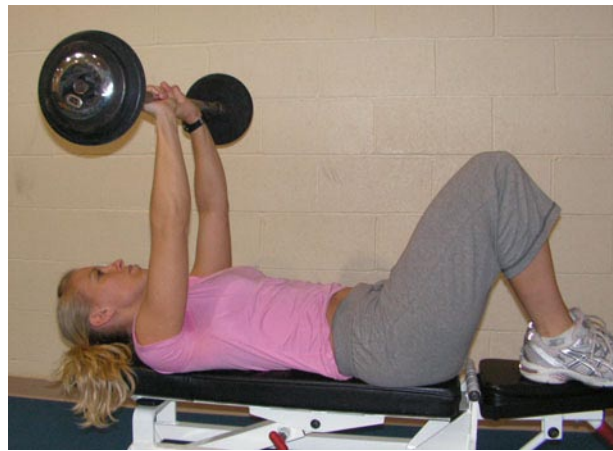


Bent-Arm Barbell Pullover

Major Muscle Group: Pectoralis

Other Muscles Worked: Triceps, Shoulders, Lats

Lie on a bench, head over the end, with your feet flat on the floor. Hold a bar or dumbbells with hands about 35 cm (14 in) apart. Keep elbows in at all times! In a semicircular motion, lower the bar to the floor slowly and as far as comfortable. Pull bar back up using the same path. Keep your head down and do not raise your hips.

**Butterfly or Pec Deck Fly**

Major Muscle Group: Pectoralis

Sit at the machine with your back flat on the pad. Place your forearms on padded lever. Position your upper arms approximately parallel to the ground. Push levers together slowly and squeeze your chest in the middle. Return until chest muscles are stretched fully. Repeat.



Cable Crossover

Major Muscle Group: Pectoralis

Other Muscles Worked: Shoulder

Stand about 30 cm (12 in) in front of the weight stacks with a handle (attached to a high pulley) in both hands. Lean slightly forward and put one foot in front of the other (for balance). Your front knee should be slightly bent. Throughout the movement, your elbows should be slightly bent. Bring your hands around and in front of your body in a hugging motion, pulling downward with your elbows slightly bent. When your hands meet directly in front of your midsection, squeeze the muscles and then slowly return to the starting position.

**Dumbbell Flies**

Major Muscle Group: Pectoralis

Other Muscles Worked: Shoulder

Using a bench, hold dumbbells together at arm's length above your shoulders, palms facing each other. Keep arms as straight as possible with a slight bend in the elbow. Lower dumbbells out to each side of your chest in a semicircular motion. Return to chest using the same path. Keep head and back firmly on the bench and your feet on the floor. Can be done on a decline bench.

