

Chest Fly



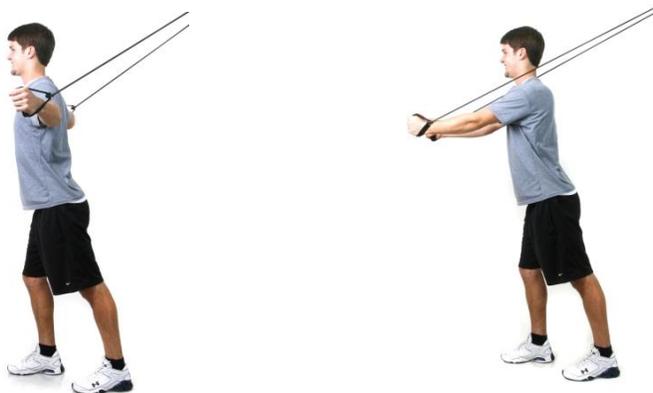
Anchor: Chest height

Start: Stand with a split stance arms open out to the side, palms facing forward.

Movement: Using the chest muscles and a slight bend in the elbow, bring your arms together in front of your chest.

Tip: Try not to lean forward or back.

Decline Chest Fly



Anchor: High, top of door

Start: Stand with a split stance arms open out to the side, palms facing forward.

Movement: Using the chest muscle and a slight bend in the elbow, bring your arms together, towards the ground, just below your chest, in a direct line with the band.

Tip: Try not to lean forward.

Chest Fly



Anchor: Low, bottom of door

Start: Stand with arms open out to the side, slightly lower than shoulder height, palms facing forward.

Movement: Using the chest muscle and a slight bend in the elbow, bring your arms together, towards the ceiling, just above your chest, in a direct line with the band.

Single Arm Chest Fly



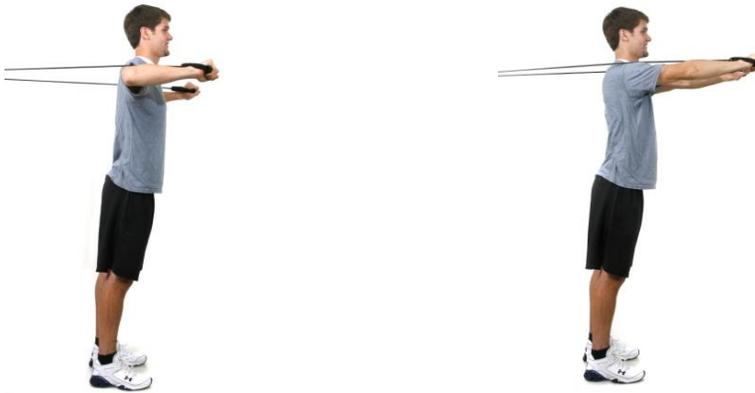
Anchor: Mid, chest height

Start: Stand with back to the door, tubing handle in one hand, palm facing forward.

Movement: Using the chest muscle and a slight bend in the elbow, bring your arm to the front of your chest.

Tip: Try not to twist the body, keeping your shoulders square with the door.

Chest Press



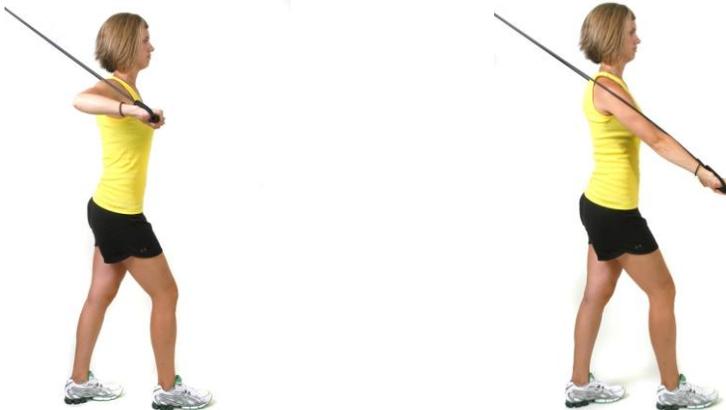
Anchor: Mid, chest height

Start: Stand with your back to the door, tubing in both hands, arms bent at a 90 degree angle, palms facing down.

Movement: Using the chest muscle, press arms straight forward to in front of the chest.

Tip: Keep your abs tight to help stabilize the body.

Decline Chest Press



Anchor: High, top of door

Start: Stand with your back to the door, tubing in both hands, arms bent at a 90 degree angle, palms facing down, and arms in line with the tubing.

Movement: Using the chest muscle, press arms straight forward toward the ground, just below the chest.

Tip: Keep your abs tight to help stabilize the body.

Incline Chest Press



Anchor: Low, bottom of door

Start: Stand with your back to the door, tubing in both hands, arms bent at a 90 degree angle, palms facing down, and arms in line with the tubing.

Movement: Using the chest muscle, press arms straight forward and up to the ceiling just above the chest.

Tip: Keep your abs tight to help stabilize the body.

Single Arm Chest Press



Anchor: Mid, chest height

Start: Stand with your back to the door, tubing in one hand, arm bent at a 90 degree angle, palms facing down.

Movement: Using the chest muscle, press arm straight forward in front of the chest.

Tip: Keep your abs tight to help stabilize the body and keep hips square with the door.

Push Up



Anchor: None, body weight

Start: On your toes and hands placed a bit wider than shoulder width and in line with the chest, fingers facing forward.

Movement: Bend the elbows to a 90 degree angle, lowering the chest toward the ground, keeping your back flat. Press through the chest back up to starting position.

Tip: Keep abs tight as to not sway the back.

One Arm Push Up



Anchor: None, body weight

Start: On both toes and one hand, arm just wider than shoulder, fingers facing forward. Other hand is behind the back.

Movement: Bend the elbow slightly, lowering the body toward the ground and using the chest to push back up to starting position.

Tip: Start with a small movement working your way up to full range of motion.

Push Up on Knees



Anchor: None, body weight

Start: On your knees and hands placed a bit wider than shoulder width and in line with the chest, fingers facing forward.

Movement: Bend the elbows to a 90 degree angle, lowering the chest toward the ground, keeping your back flat. Press through the chest back up to starting position.

Tip: Keep abs tight as to not sway the back.

Push Up with Single Leg Raise



Anchor: None, body weight

Start: On your foot/toe and hands placed a bit wider than shoulder width and in line with the chest, fingers facing forward. Other leg raised.

Movement: Bend the elbows to a 90 degree angle, lowering the chest toward the ground, keeping your back flat. Press through the chest back up to starting position.

Tip: Keep abs tight as to not sway the back.

Push Up on Platform



Anchor: None, body weight

Start: On your toes and hands placed a bit wider than shoulder width and in line with the chest, fingers facing forward. One hand will be on a stack of books or box.

Movement: Bend the elbows to a 90 degree angle, lowering the chest toward the ground, keeping your back flat. Press through the chest back up to starting position.

Tip: Start with a small stack, working your way up to 8 inches high. Keep abs tight as to not sway the back.

Push Up with Feet on Chair



Anchor: None, body weight

Start: With your feet on a chair, bench, books or box and hands placed a bit wider than shoulder width and in line with the chest, fingers facing forward.

Movement: Bend the elbows to a 90 degree angle, lowering the chest toward the ground, keeping your back flat. Press through the chest back up to starting position.

Tip: Start with a low height and work your way up.

T Push Up



Anchor: None, body weight

Start: On your toes and one hand placed a bit wider than shoulder width and in line with the chest, fingers facing forward. Other arm is raised in the air.

Movement: Bring the arm down and place it just wider than shoulder width. Bend the elbows to a 90 degree angle, lowering the chest towards the ground, keeping your back flat. Press through the chest and back up to starting position, raising the arm and twisting to the opposite side.

Tip: Keep abs tight to help with balance.

Push Ups on Bench



Anchor: None, body weight

Start: On your toes and hands placed a bit wider than shoulder width and in line with the chest on a chair or bench, fingers facing forward.

Movement: Bend the elbows to a 90 degree angle, lowering the chest toward the ground, keeping your back flat. Press through the chest back up to starting position.

Tip: Keep abs tight as to not sway the back.