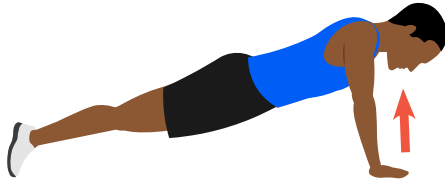


Push Up



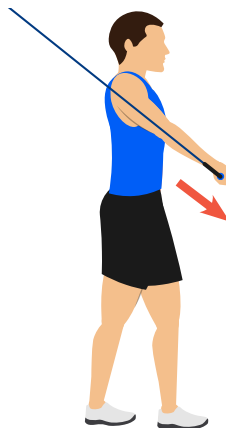
ANCHOR: None, body weight

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.

Decline Chest Press



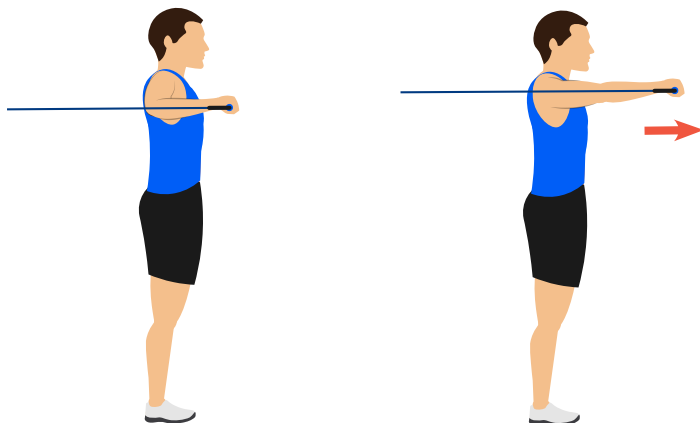
ANCHOR: High, top of door

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.

Chest Press



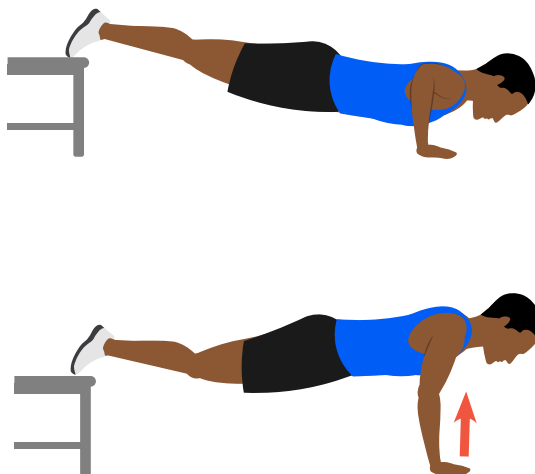
ANCHOR: Mid, chest height

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.

Elevated Push Up



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.