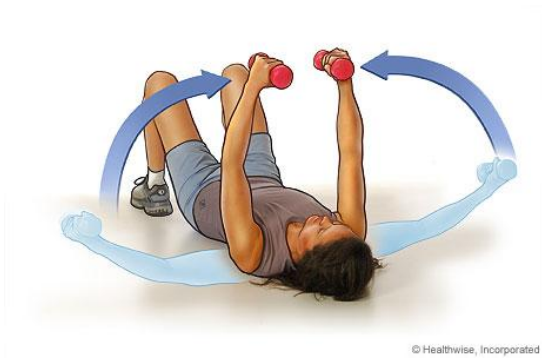


CHEST STRENGTHENING EXERCISES

Chest Fly



- Lay on your back knees bend, arms held up in front of you.
- Hold your weights or cans of beans if you don't have dumbbells
- Slowly and gently lower your arms to the ground
- Then slowly and gently bring them back to the starting position

Push-Up



- Kneel on all fours with the hands a little wider than shoulder width
- Straighten your legs out behind you so that your weight is distributed between your hands and toes
- Bend the elbows outwards to lower the chest towards the floor
- Push back up to the starting position

Variations & progressions

- To make the exercise easier, maintain the all fours kneeling position
- Push your hips forwards so that the weight is on the hands
- Bend the elbows outwards to lower the chest towards the floor

Muscles worked - Pectoralis Major, Triceps Brachii, Anterior fibres of Deltoid, Serratus Anterior

Related injuries - Pectoral strain