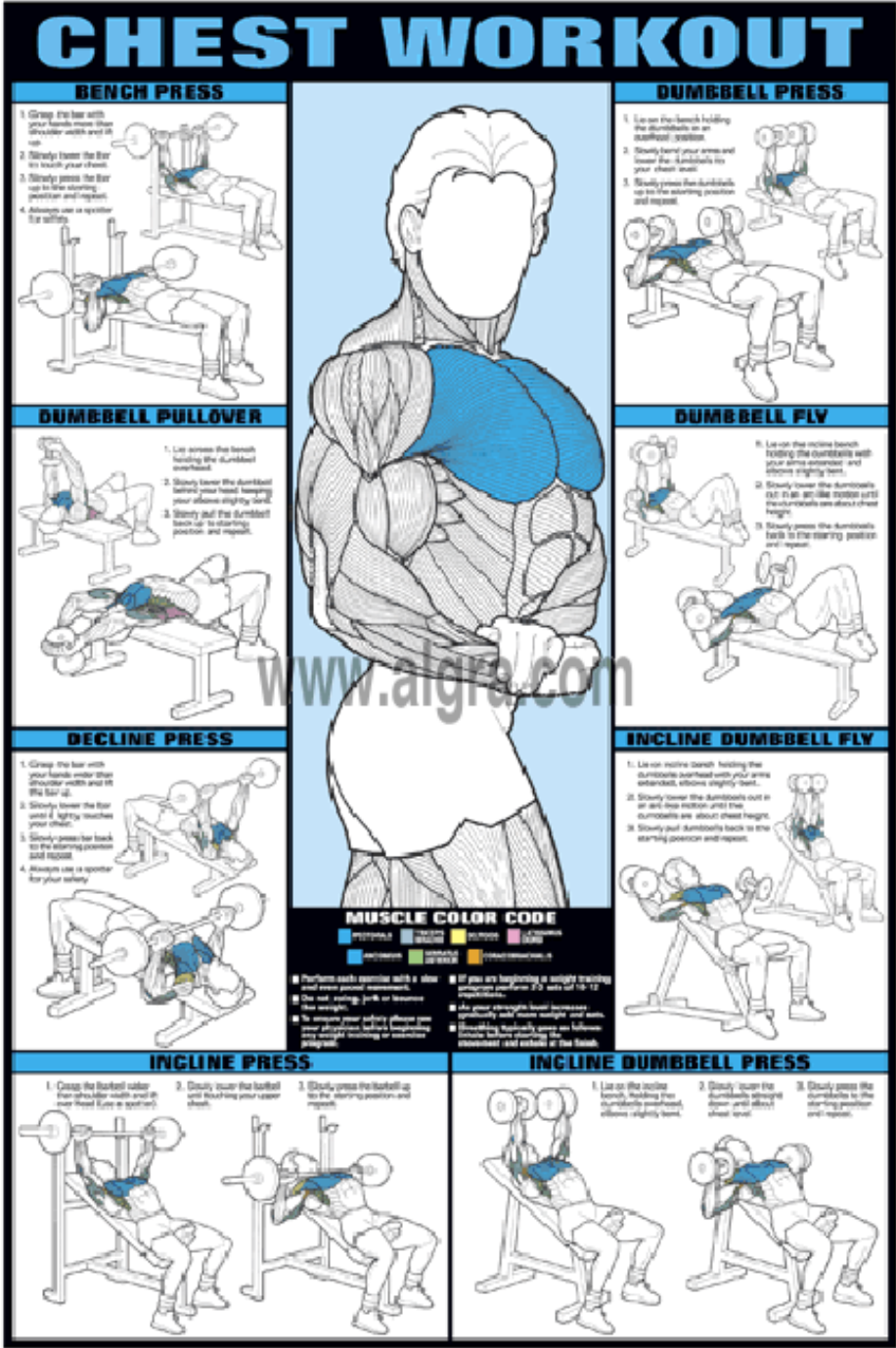


Male Chest Workout Chart– BA071

<p>Description</p>	<p>◆ Enhance your pectoral muscles with Bruce Algra's Chest Workout Poster. The poster highlights eight of the most effective exercises to develop, strengthen, and shape your pectoral muscles. It demonstrates the exercises with detailed illustrations, instructions and displays the assisting muscles being developed.</p>
<p>Details</p>	<ol style="list-style-type: none"> 1. Dimension: 24" x 36" 2. Material: gloss paper laminated with clear polyester both sides
<p>Image</p>	 <p>CHEST WORKOUT</p> <p>BENCH PRESS</p> <ol style="list-style-type: none"> 1. Grasp the bar with your hands more than shoulder-width apart. 2. Slowly lower the bar to touch your chest. 3. Slowly press the bar up to the starting position and repeat. 4. Always use a spotter for safety. <p>DUMBBELL PRESS</p> <ol style="list-style-type: none"> 1. Lie on the bench holding the dumbbells in an overhead position. 2. Slowly bend your arms and lower the dumbbells to your chest level. 3. Slowly press the dumbbells up to the starting position and repeat. <p>DUMBBELL PULLOVER</p> <ol style="list-style-type: none"> 1. Lie across the bench holding the dumbbell overhead. 2. Slowly lower the dumbbell behind your head, keeping your elbows slightly bent. 3. Slowly pull the dumbbell back up to the starting position and repeat. <p>DUMBBELL FLY</p> <ol style="list-style-type: none"> 1. Lie on the incline bench holding the dumbbells with your arms extended and elbows slightly bent. 2. Slowly lower the dumbbells out in an arc-like motion until the dumbbells are about chest height. 3. Slowly press the dumbbells back to the starting position and repeat. <p>DECLINE PRESS</p> <ol style="list-style-type: none"> 1. Grasp the bar with your hands under your shoulder-width and tilt the bar up. 2. Slowly lower the bar until it lightly touches your chest. 3. Slowly press the bar back to the starting position and repeat. 4. Always use a spotter for your safety. <p>MUSCLE COLOR CODE</p> <ul style="list-style-type: none"> Triceps Latissimus Shoulder Chest Forearm Neck Lower Back Upper Back Core Glutes Hamstrings Quadriceps Calves Feet <p>INCLINE PRESS</p> <ol style="list-style-type: none"> 1. Grasp the barbell with your shoulder-width and tilt your feet up in a squat. 2. Slowly lower the barbell until touching your upper chest. 3. Slowly press the barbell up to the starting position and repeat. <p>INCLINE DUMBBELL FLY</p> <ol style="list-style-type: none"> 1. Lie on the incline bench holding the dumbbells overhead with your arms extended, elbows slightly bent. 2. Slowly lower the dumbbells out in an arc-like motion until the dumbbells are about chest height. 3. Slowly pull dumbbells back to the starting position and repeat. <p>INCLINE DUMBBELL PRESS</p> <ol style="list-style-type: none"> 1. Lie on the incline bench holding the dumbbells overhead with your arms extended, elbows slightly bent. 2. Slowly lower the dumbbells to the starting position and repeat. 3. Slowly press the dumbbells to the starting position and repeat. <p>Safety and Performance Notes:</p> <ul style="list-style-type: none"> Perform each exercise with a slow and even pace. Do not swing, jerk or bounce the weight. To ensure your safety, please use your original muscles to maintain your original posture in every exercise. If you are beginning or slight training, perform 2-3 sets of 10-12 repetitions. As your strength level increases, gradually add more weight and sets. Remember, gradually increase the amount of weight used in each movement and extend the time taken.