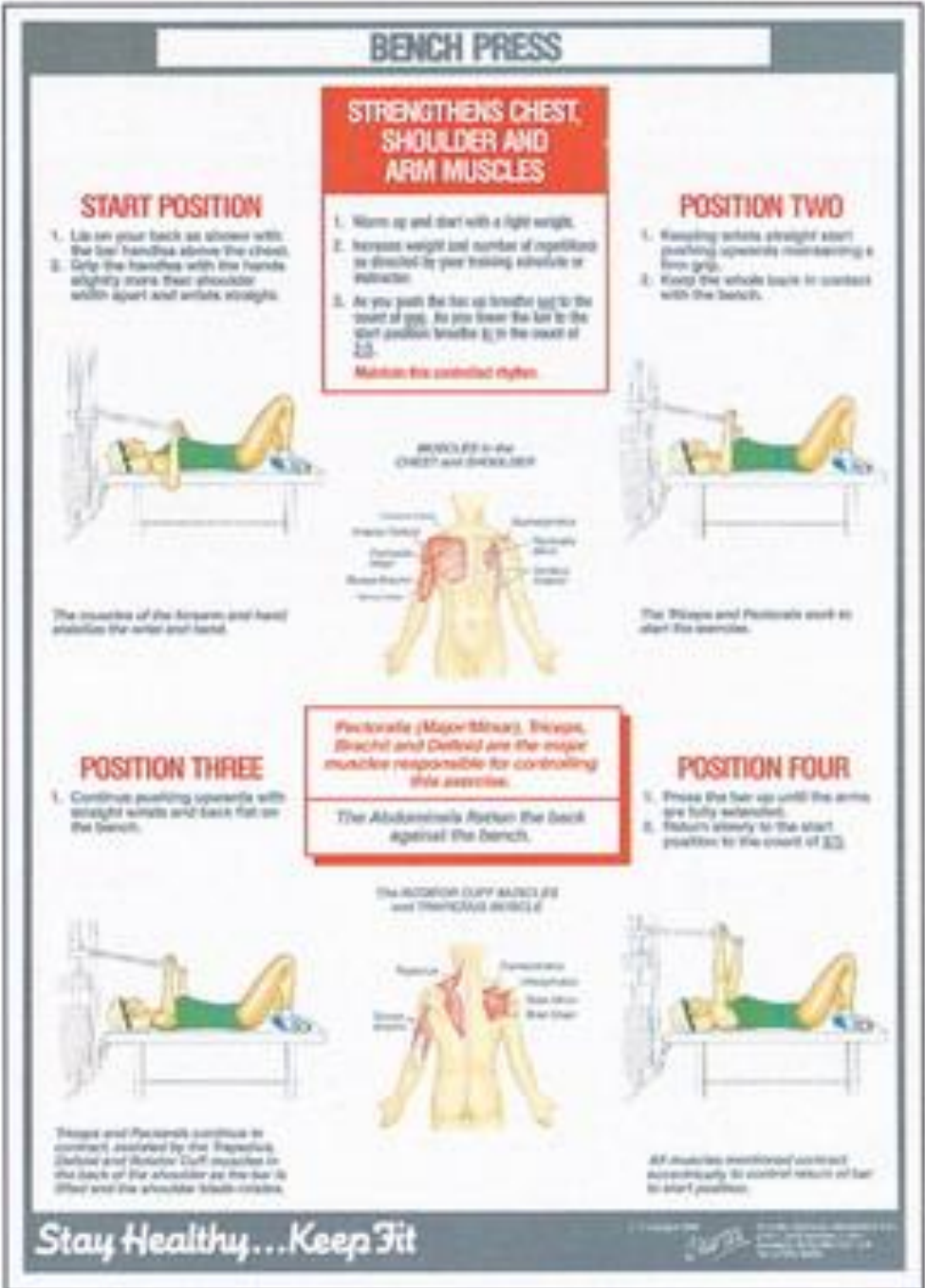


Bench Press Wall Mounted Chart– CT107

<p>Description</p>	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the exercise. Four positions show the correct technique from the start position to the finish position to ensure the exercise is done properly and safely. Instruction advice at each position is supported with information about which muscles are working to control the pressing action. This helps to reinforce coaching by the Gym Instructor and the chart is ideal for fixing on the wall next to your weight training machine.</p>
<p>Details</p>	<p>1. Dimension: A3 Size</p>
<p>Image</p>	 <p>BENCH PRESS</p> <p>STRENGTHENS CHEST, SHOULDER AND ARM MUSCLES</p> <p>START POSITION</p> <ol style="list-style-type: none"> 1. Lie on your back as shown with the bar handles along the chest. 2. Grip the handles with the hands slightly more than shoulder width apart and wrists straight. <p>The muscles of the forearm and hand stabilize the wrist and feet.</p> <p>POSITION TWO</p> <ol style="list-style-type: none"> 1. Keeping wrists straight start pushing upwards maintaining a firm grip. 2. Keep the whole back in contact with the bench. <p>The Triceps and Pectorals work to start the exercise.</p> <p>POSITION THREE</p> <ol style="list-style-type: none"> 1. Continue pushing upwards with straight wrists and back flat on the bench. <p>Triceps and Pectorals continue to contract assisted by the Serratus Anterior and Abdominal Cuff muscles to the back of the abdomen to keep the feet and the shoulders stable.</p> <p>POSITION FOUR</p> <ol style="list-style-type: none"> 1. Press the bar up until the arms are fully extended. 2. Return slowly to the start position to the front of feet. <p>All Abdominal mentioned contract accordingly to control return of bar to start position.</p> <p>MUSCLES IN THE CHEST AND SHOULDER</p> <p>Pectoralis (Major/Minor), Triceps, Deltoid and Coracobrachialis are the major muscles responsible for controlling this exercise.</p> <p>The Abdominals flatten the back against the bench.</p> <p>THE ABDOMINAL CUFF MUSCLES ARE THE MUSCLES ON THE BACK OF THE ABDOMEN</p> <p>Stay Healthy...Keep Fit</p>