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INSTRUCTIONS

CHEST PRESS

CATEGORIES: Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/chest-press/>

Arms

Chest

Turns



STEPS:

- Start lying on your back with your knees bent and feet on the floor.
- Using dumbbells, bend at the elbows and bring your palms up toward you.
- Rotate your palms to face your feet while pressing your knuckles up to the ceiling.
- Slowly bend the elbows, creating a small "t" shape until your triceps touch the floor.
- Press your hands back up to the ceiling.

Repeat 10-12 times.

[+] Add a tempo of pressing in 1 count, and coming down to the floor in 4 counts