

Chest Press



- With a waist-height resistance band or pulley cable mounted behind you and your right elbow bent 90 degrees at your side, straighten your arm out in front of you with your wrist straight.
- With control, return your to the starting position making sure your elbow does not pass behind your shoulder.
- Perform 20 times or until fatigue, whichever comes first.
- Progress by picking up your back leg and balancing on one foot.