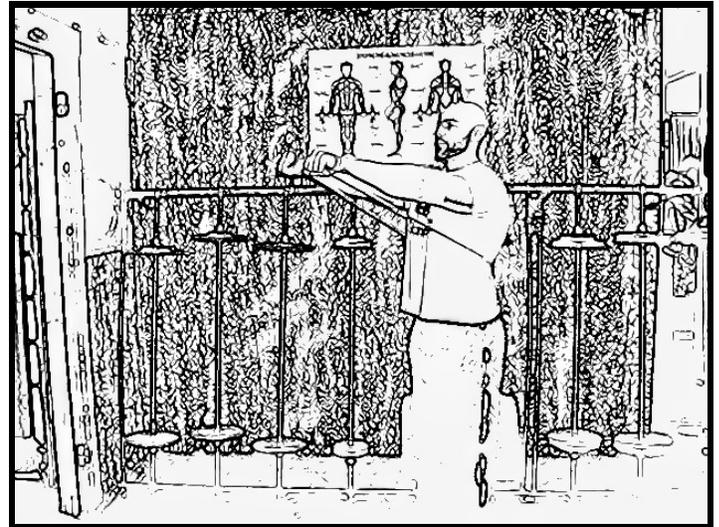
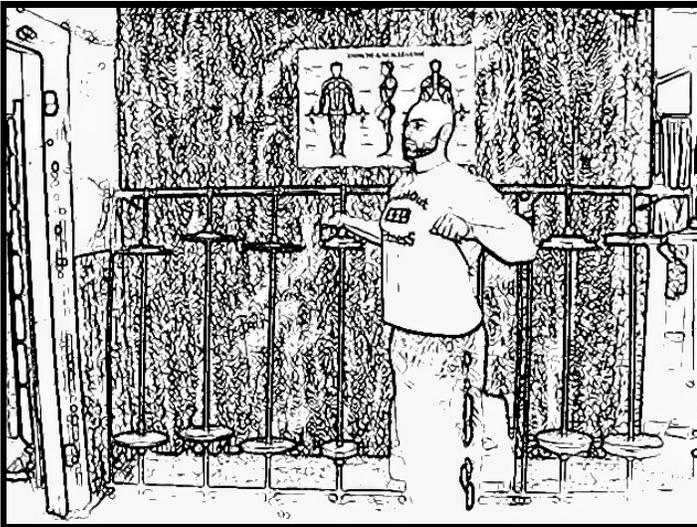


# Chest Press

- Always consult a physician before beginning any exercise routine.
- Muscle decline can be a result of disuse more than just aging, so exercise can be a fountain of youth.
- 30 minutes of moderate activities (brisk walking, bike riding) should be done 4-5 days a week.
- Exhale through the mouth with exertion, inhale through the nose as you relax.
- Include strength exercises for all your major muscle groups at least twice a week, but vary the exercises so you don't work the same muscle group 2 days in a row.



Focus of exercise: Pectorals, upper arm and shoulder muscles

Stand with feet shoulder width apart, wrapping the middle of the band flat against the back grasp an end in either hand so the band is taut but not overstretched at rest. Raise the elbows out to the side and bend 90° so hands are chest-level with forearms/palms face down. This is the starting position. Inhale, then exhale while straightening the elbow to push the band forward. Inhale and return to the starting position for one repetition, using smooth and controlled movements throughout the exercise to keep tension on the muscle. Focus on standing tall with good posture, keeping the abdominals tight and pushing from the chest and upper arms.

Continue for 2 sets of 8-15 reps.