

Chest Exercises

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INCLINE BENCH PRESS (Shoulder Horizontal Adduction and elbow extension)

Muscles worked: This exercise emphasizes the chest muscles (pectoralis major), especially the upper portion. It also involves the front shoulder muscles (anterior deltoid), as portions of the middle deltoid and the triceps, which are located on the back of the upper arm. NOTE: This motion can be further emphasized by using the Pulley Pin for attachment.

Starting position:

- Seated in the 45-degree position, reach straight behind your body, grasp the handles, and bend your elbows until your hands are near your chest and your palms are facing towards the floor.
- Keeping knees bent and feet flat on the floor, lay your head back against the bench and straighten your arms to the floor.
- From this position, raise your arms 10-15 degrees (6-8 inches) above the regular bench press position.
- Be sure that your arms are directly "in line" with the cables, palms facing down and wrists straight. If the cables are "above" the arms, too much shoulder was utilized.
- Raise your chest and "push" your shoulder blades together. Maintain a very slight, comfortable arch in your lower back.

Motion:

- Slowly move your elbows outward, simultaneously bending your arms, keeping the forearms in line with the cables at all times.
- Stop when your upper arms are straight out to the sides, 10 degrees above your shoulders.
- Then, slowly come forward, moving the hands toward the center, and return to the starting position with arms straight to the front at shoulder width and in line with the cables. Keep your chest muscles tightened during the entire motion.

Key points:

- The upper arms will be 90 degrees from the side of your torso at the bottom of the movement.
- Don't dip more than 90 degrees from the front of your torso at the top.
- Limit and control the range of motion so that your elbows do not travel behind your shoulders.
- Keep shoulder blades "pinned" together and maintain good spinal alignment.



CHEST FLY (Shoulder Horizontal Adduction and elbow stabilization)

Muscles worked: This exercise emphasizes the chest muscles (pectoralis major), also involving the front shoulder muscles (anterior deltoid).

Starting position:

- Seated in the 45-degree position, reach straight behind your body, grasp the handles, and bend your elbows until your hands are near your chest and your palms are facing towards the floor.
- Keeping knees bent and feet flat on the floor, lay your head back against the bench and straighten your arms to the front.
- Be sure that your arms are directly "in line" with the cables, palms facing down and wrists straight.
- Raise your chest and "push" your shoulder blades together. Maintain a very slight, comfortable arch in your lower back.

Motion:

- Slowly move your arms outward, maintaining the elbow in a slightly bent position throughout the movement.
- Stop when your upper arms are straight out to the sides, level with the shoulders.
- Slowly return to starting position keeping your chest muscles tightened during the entire motion.

Key points:

- Maintain a 90-degree angle between the upper arms and the torso throughout the motion.
- Limit and control the range of motion so that your elbows do not travel behind your shoulders.
- Keep shoulder blades "pinned" together and maintain good spinal alignment.



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Rail channel, starting on the end closest to the warning label. Make sure to line up the end of the bolt keeper with the end of the rail. Repeat for the other bolt keeper. Please use caution when inserting the bolt keeper. Edges may be sharp. Locate the Riser Bracket and attach it to the Seat Rail with the two square head bolts. Wait to tighten bolts with a wrench until after Step 1c. Install the bolts into the bolt keeper. Slide them into the Seat Rail Channel making sure the keeper is flush with the end of the Seat Rail. Repeat for the other bolt keeper.

Locate the Pivot Bracket and Pulley Frame. Snap the Pivot Bracket between the screw heads on the Pulley Frame. Install the rail so the four bolts at the front of the rail slide through the four holes in the pivot bracket. See example 1c. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with Bowflex Power Pro Workout Guide. To get started finding Bowflex Power Pro Workout Guide, you are right to find our website which has a comprehensive collection of manuals listed. Our library is the biggest of these that have literally hundreds of thousands of different products represented. I get my most wanted eBook Many thanks If there is a survey it only takes 5 minutes, try any survey which works for you. Discover everything Scribd has to offer, including books and audiobooks from major publishers. Start Free Trial Cancel anytime. Report this Document Download Now save Save Bowflex Xtl Power Pro Instruc Manual For Later 0 ratings 0% found this document useful 0 votes 8K views 80 pages Bowflex Xtl Power Pro Instruc Manual Uploaded by markyedlicka Description Full description save Save Bowflex Xtl Power Pro Instruc Manual For Later 0% 0% found this document useful, Mark this document as useful 0% 0% found this document not useful, Mark this document as not useful Embed Share Print Download Now Jump to Page You are on page 1 of 80 Search inside document Browse Books Site Directory Site Language English Change Language English Change Language. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with Bowflex Xtl Exercises Manual. To get started finding Bowflex Xtl Exercises Manual, you are right to find our website which has a comprehensive collection of manuals listed. Our library is the biggest of these that have literally hundreds of thousands of different products represented.

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