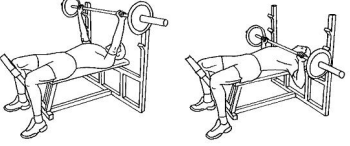
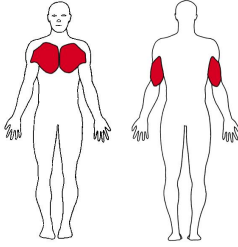
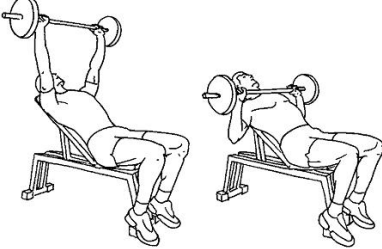
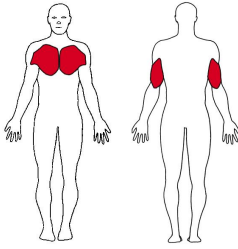
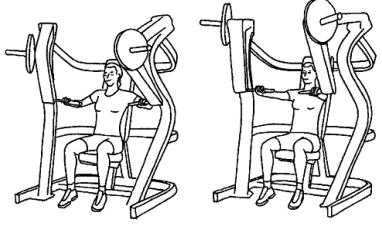
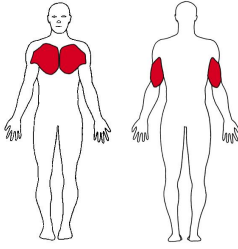
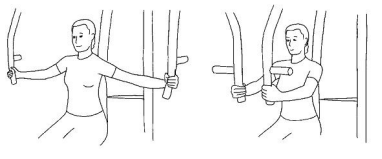
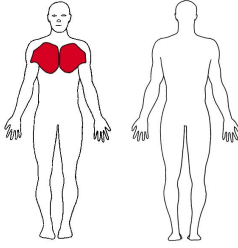
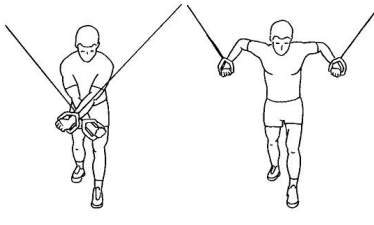
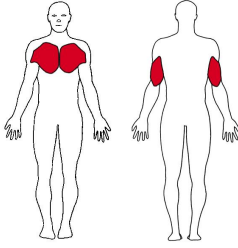
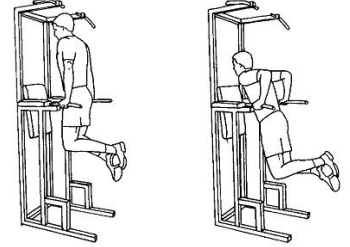
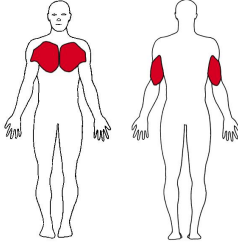
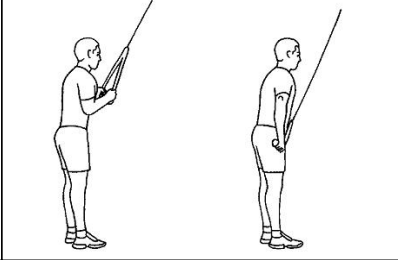
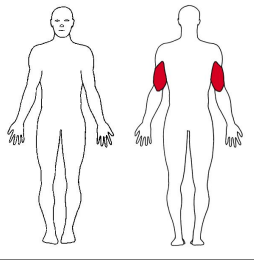
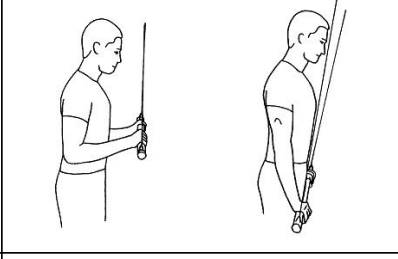
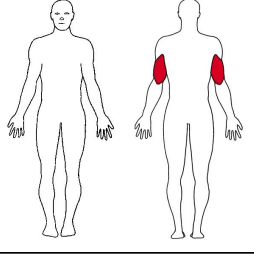
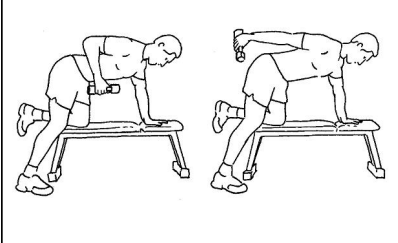
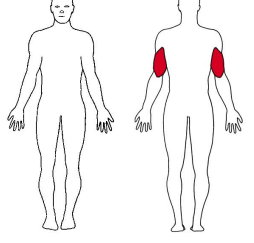


Chest & Triceps Workout

Exercise	Illustration	Focus	Exercise data	Comments
1 - Bench press			4 set x 10-12 rep	Lie with your back on the bench and feet on the floor. Hold the bar over your chest with straight arms, hands slightly wider than shoulder-width. Slowly lower the bar to your chest and push back up at a greater speed. Target muscles: m.pectoralis major, m.triceps brachii. Assisting muscles: m.deltoides, m.serratus anterior.
2 - Inclined bench press			4 set x 10-12 rep	Lie on your back with your feet on the floor and hold the bar above your chest with straight arms. Slowly lower the bar to your chest and push back to the start position at greater speed. Avoid swaying your lower back. Target muscles: m.pectoralis major, m.pectoralis minor, m.deltoides. Assisting muscles: m.triceps brachii and other muscles.
3 - Chest Press			4 set x 10-12 rep	Sit with your shoulders lowered and a firm grip on the handles. Keep your elbows at the same height as the handles. Press forward till your arms are stretched and move them back again slowly.
4 - Chest flies			3 set x 10-12 rep	Adjust the seat height so that your elbows are lower than your shoulders when you grab the lowest handles. Your elbows should be slightly bent before you press your arms toward each other, without moving your elbow joints. Gently return to the start position and repeat the exercise without allowing the weights to hit each other.
5 - Standing cable cross			3 set x 10-12 rep	Stand leaning slightly forward, push your chest forward, holding your arms in front of you at hip level. Let your arms go sideward and a slightly backward, elbows bent 60 degrees. When you feel your chest muscles stretching, push back forward and downward.
6 - Dips			3 set x 8-10 rep	Let your upper body hang on straight arms. Keep your shoulders at normal level in relation to your body. Bend your knees and slowly lower your upper body until your upper arms are horizontal. Push back upward. Target muscles: m.triceps brachii, m.deltoides, m.pectoralis major. Assisting muscles: m.pectoralis minor, m.serratus anterior and other muscles.

Chest & Triceps Workout

Exercise	Illustration	Focus	Exercise data	Comments
7 - Triceps Press with Cable			3 set x 10-12 rep	Fasten a cable in the top wheel of the instrument. Have a grip on the cable, stand with your feet hip-width apart, and bend your elbows. Keep your upper arms steady and close to your body and pull down the cable till your arms are stretched. Move the cable back up again slowly and stop when your elbows are bent a little more than 90 degrees. Keep your wrists stretched during the entire exercise and stabilise your back by tightening abdomen. If you are doing the exercise for the first time or if you are a little unsteady, then stand with
8 - Tricep press w/ bar			3 set x 10-12 rep	Grab the bar with a shoulder wide upper hand grip, take a step backwards from the pulley and flex your upper body slightly forward. Lock your upper arms against your body and push the bar down as far as possible.
9 - Tricep kickbacks			3 set x 10-12 rep	Stand supported on one arm and one leg. Place the active arm beside your upper body, elbow bent 90 degrees and dumbbell hanging straight down. Now straighten your arm fully at your elbow. Slowly return to the start position and repeat. Target muscles: m.triceps brachii. Assisting muscle: m.deltoides.

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