

MACHINE CHEST PRESS



1. Sit comfortably on a **Chest Press Machine** with your torso kept upright and straight and your back pressed firm against it's back pad. Adjust the seat according to your height so your hands are on the same level as your lower chest (nipple line). Keep your feet firm on the ground a bit wider than hips width apart, and with your head facing forward. This will be your starting position.
2. Use your chest muscles to push both arm grips of the machine forward and keep pushing until your arms are fully extended. Make sure to squeeze in your chest muscles as hard as you can throughout the entire movement.
3. Slowly return your arms back to their starting position while keeping your chest muscles fully engaged and under constant tension. Ideally, lowering the weight should take about twice as long as raising it.
4. Repeat this motion for the recommended amount of repetitions.

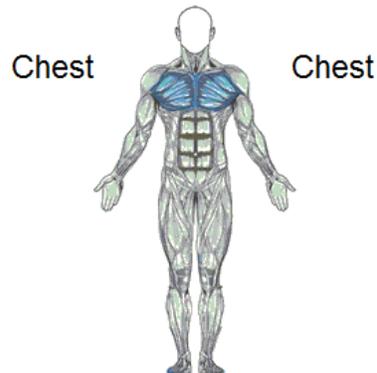
CAUTION: NEVER use a heavy weight setting when performing this exercise to avoid getting any shoulders, elbows, triceps and/or wrists injury. A proper adjusted weight setting that is not too heavy should have you mostly engage your chest muscles -as it should- instead of having you rely on your arms and/or shoulders to perform this exercise. Lower down the weight resistance if you ever felt that your arms and/or shoulders are being more engaged than your chest muscles which should be the main muscle group you're targeting.

ALTERNATIVE EXERCISES:

[Machine Lying Chest Press](#) / [Flat Bench Dumbbell Press](#) / [Flat Bench Press](#) / [SMITH Machine Bench Press](#) / [Proper Push-Ups](#)

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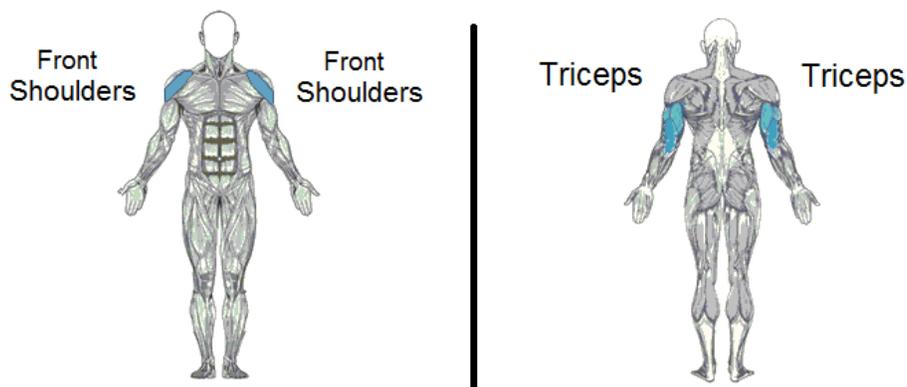
PRIMARY MUSCLE



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80 - %90** when performing this exercise.

SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%20 - %10** when performing this exercise.

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