

# MACHINE INCLINE CHEST PRESS



1. Sit comfortably on an **Inclined Chest Press Machine** with your torso upright and straight, and your back pressed firm against it's back pad. Adjust the seat according to your height so your arms are on the same level as your upper chest, with your head slightly facing up. This will be your starting position.
2. Use your upper chest muscles to push both arm grips forwards in an inclined axis and keep pushing until your arms become fully extended. Make sure to squeeze your upper chest muscles as hard as you can throughout the entire movement.
3. Slowly return your arms back to their starting position while keeping your upper 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.

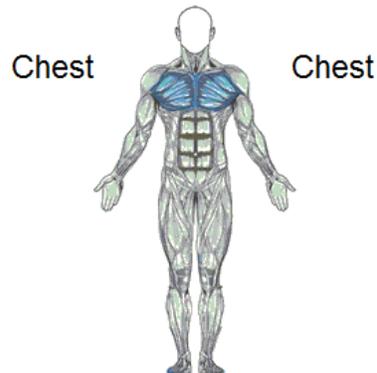
**CAUTION:** NEVER use a heavy weight setting when performing this exercise to avoid getting any shoulders, neck, back and/or wrists injury. A proper adjusted weight setting that is not too heavy should have you mostly engage your upper chest muscles -as it should- instead of having you rely on your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

## ALTERNATIVE EXERCISES:

[Machine Incline Bench Press](#) / [Incline Bench Press](#) / [Incline Bench Dumbbell Press](#) / [Decline Push-Ups](#)

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## PRIMARY MUSCLE

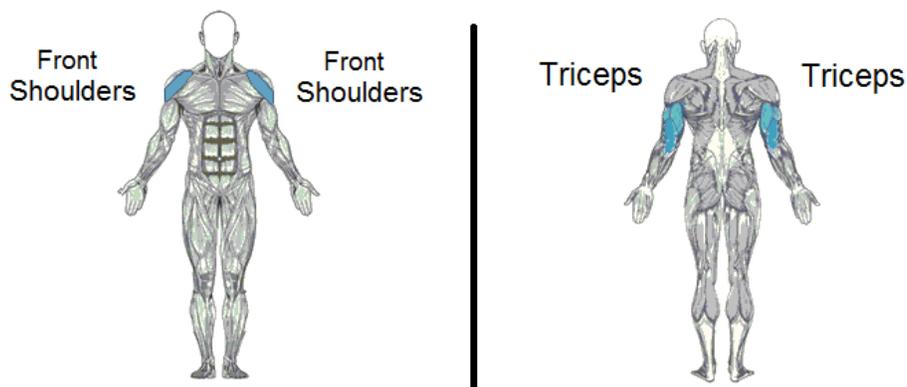


A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

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

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## 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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