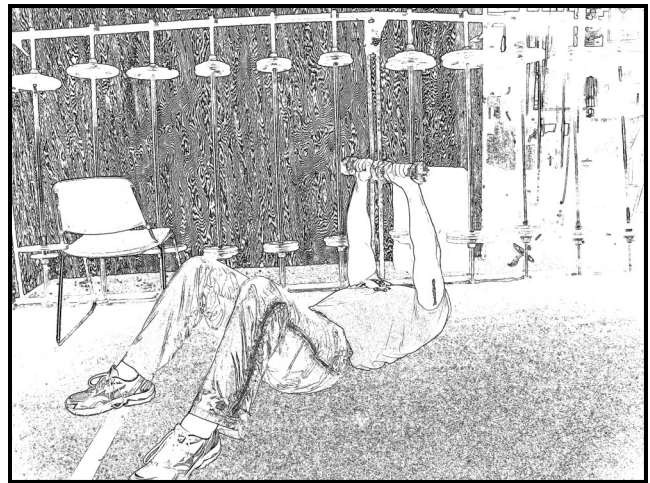
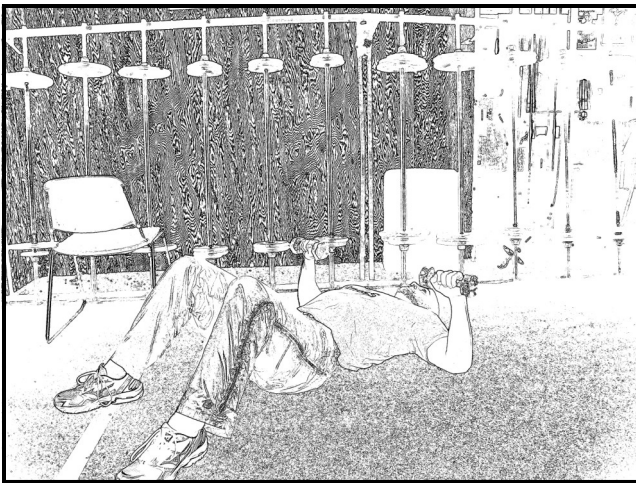


## Chest Press

- Always consult a physician before beginning any exercise routine.
- Drink appropriate amounts of fluid to remain hydrated-if you have any related conditions, ask your doctor how to do so properly.
- No dumbbells? A 16 oz canned good = 1 lb weight!
- Effective workout routines can be done in 30 min, 4-5 days a week.
- Walking, in appropriate footwear, at good pace can be a great way to remain active in between workouts.



Focus of exercise: Chest, Triceps

Lying on your back on a mat or floor with knees bent at 45 degree angle and feet flat on the floor, place the back of your arms flat on the floor at shoulder height, elbows at a 90 degree angle. This is the starting position. Holding the appropriate weight in each hand, straighten arms to raise weights and touch them together above your chest, then return to the starting position in a smooth and controlled movement. Try not to rest your arms between reps to keep the muscles working!

Repeat for 2-3 sets of 8-15 reps.