

# Exercises

## Chest Exercises

### Incline Bench Press - Shoulder Horizontal Adduction (and elbow extension)

#### Muscles Worked

Pectoralis Major, Deltoids, Triceps

#### Machine Set-Up

- Adjust the bench to a 45° incline.
- Chest Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods.

#### Success Tips

- Maintain a 90° angle between your upper arms and torso at the start of the motion, and slightly less than 90° at the finish.
- Keep your knees bent, feet flat on the floor, head back against the bench.
- Do not let your elbows travel behind your shoulders.
- Keep your shoulder blades pinched together and maintain good spinal alignment.



## Shoulder Exercises

### Seated Shoulder Press - Shoulder Adduction (and elbow extension)

#### Muscles Worked

Front Deltoids, Upper Trapezius, Triceps

#### Machine Set-Up

- Adjust to Flat Bench position
- Chest Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods

#### Success Tips

- Keep your knees bent and your feet flat on the floor.
- Do not increase the arch in your lower back as you raise your arms, but keep your spine steady and tight.
- Keep your abdominals tight and maintain good spinal alignment.
- Keep tension in your front shoulder muscles when you return to the starting position.



# Home Gym Manual Exercises

**Chao Zhang**



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