Exercise technique

Supported single-arm chest press

8-12 each side



START / handle beside chest

FINISH / controlled press

GRIP / Neutral handle grip

SETUP / Stable box; rear anchor near chest height.

MOVE / Press forward without leaning or twisting.

RETURN / Stop before elbow lock; return within a comfortable arc.

MAIN / RED
Pectoralis major: moves the upper arm forward and across the chest.

SECONDARY / BLUE
Triceps extend the elbow; anterior deltoid assists. Scapular muscles guide the shoulder blade.

SUPPORT / GREEN
Trunk muscles resist rotation; the box and planted feet stabilize the pelvis and legs.

RESISTANCE BANDS