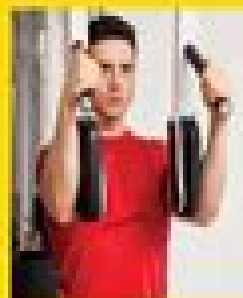


075 KNOW YOUR... PECTORALS

Spanning the upper chest from shoulder to shoulder on each side are the large muscles called the "pecs"—short for pectoralis major. This pectoral has two heads: the sternocostal head crosses the bulk of your chest, while the clavicular head is the upper part extending from your collarbone. Well-developed pecs are most visible on men in swimwear. They are typically hidden beneath the breasts. Beneath the pectoralis major is the pectoralis minor, which helps pull the shoulder forward and down. Both pecs work to draw your arms forward and outward the center of the body, and they also work with the shoulders and arms to perform pushing movements, as well as playing a part in breathing, pulling the ribcage to allow the lungs to expand when you breathe.

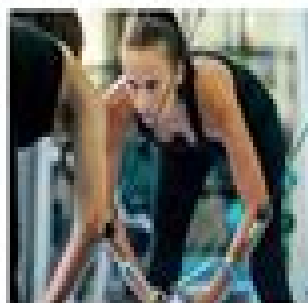


HOW EFFECTIVE IS THE PEC DECK?

The pec deck—also known as the butterfly machine—is designed to isolate your chest muscles. Working at a pec deck, you perform a fly exercise sitting upright, with your upper arms spread and parallel to the ground, forearm bent, and your hands grasping the top of two spring-loaded “wings.” The arms move forward, bringing the wings together, and then guide them back. The machine does, however, have a flaw. There is some concern that older-style machines guide the arms back toward the end of the range of motion, potentially forming shoulder joints. Make sure your gym is using the newer style of pec deck with handles attached to an arm—or simply stick to free weights and cables.

076 GRASP THE CABLE MACHINE

Just about any gym you wander into will have at least a few cable machines, which are versatile pieces of equipment that are commonly used in weight training and functional training. Its steel frame features cable weight stacks on each side. The cables that connect the handles to the weight stacks run through adjustable pulleys that can be fixed at any height. The adjustable height and ability to work from all angles means you can perform a wide variety of core and arm exercises, using handles, bars, or ropes.



077 PUT YOUR PECTORALS THROUGH THEIR PACES

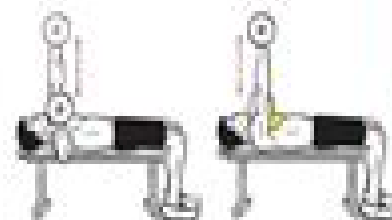
A smart chest workout, such as this one crafted by the fitness experts at *Men's Health*, will include exercises that target both heads of the pectoralis major, as well as the deep pectoralis minor. This workout will get you started, including moves that

target your entire chest. To begin, use weights that you find challenging, but doable. Follow the recommended reps and sets, adjusting the numbers depending on your level of fitness.



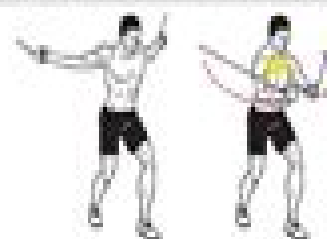
DUMBBELL FLY Most gyms have default machines for chest moves like the fly, but don't be afraid of taking up weights. Using free weights is much more effective because you really have to control your body weight, which requires additional energy, so you see results faster. Perform three sets of 10 reps.

HOW Lie on an incline bench holding a dumbbell in each hand, with palms facing in. Extend your arms straight up. Breathe, and lower both arms out to the sides to your shoulder height. Hold briefly, and then slowly rise to return to the starting position.



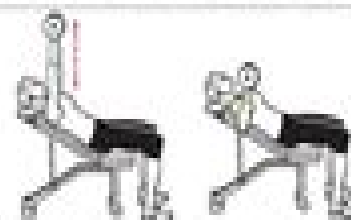
DUMBBELL CHEST PRESS WITH HOLD This version of the classic dumbbell chest press also builds up stamina because you keep your arms and chest engaged at all times. Perform three sets of 10 reps.

HOW Lie on your back on a flat bench. Hold dumbbells with your palms facing forward, and plant your feet on the floor. Lift your arms straight up so the dumbbells are in line with your shoulders. Lower your right arm until your elbow is near your shoulder while keeping your left arm straight. Lift your right arm back up, then lower your left, alternating sides.



CABLE CROSSOVER Unlike free weights, cables provide you with a continuous and steady level of resistance, which engages the small stabilizing muscles in your chest, as well as the pectorals. Perform three sets with increasing reps of 10, 15, and 15.

HOW Stand with one foot forward and your feet about hip-width apart. Bend your chest slightly forward and grip a cable handle in each hand. Your hands should be slightly above the shoulders and elbows slightly bent. With your arms almost fully extended, slowly bring your hands together in a wide arc. Return to the start position and repeat.



INCLINE BENCH PRESS This dumbbell incline version of the classic flat bench barbell bench press adds angles to your pecs workout, which challenges more muscle groups—the incline position helps you work the top section of the pecs. Perform three sets of 10 reps.

HOW Lie face up on an incline bench angled between 45 and 60 degrees. Grasp a dumbbell in each hand, and plant your feet firmly on the floor. Hold the dumbbells with your palms facing forward. Press the weights upward to a position over your eyes until your elbows are straight. Lower the dumbbells toward your upper chest, keeping your elbows straight under your wrists. Return to the starting position.

Total Trainer Exercise Manual

TD Snyder

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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The Complete Holistic Guide to Working Out in the Gym Yigal Pinchas, 2006 The comprehensive guide to getting the most out of your gym workout It includes detailed information on planning executing and maintaining a fitness regime More than simply an instructional manual The Complete Guide is also a valuable resource on nutrition attitude and the development of a personal training program that fits every lifestyle Building on years of research and experience as an educator personal trainer and government official for fitness accreditation Yigal Pinchas has integrated the theory and practice of health and wellness to address the physical mental and emotional demands of an effective fitness regime Accompanied by over 200 illustrations the text includes instruction that range from step by step guides to performing the exercises and reaching your training goals without injury to balancing training with proper eating habits and keeping yourself motivated over the long term The book is structured to allow readers to progress all the way from the first tentative steps to the more advanced stages of independent and effective exercise This book is a must for professional trainers kinesiology specialists and the general fitness enthusiast

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