

Cross Body Chest Press With Bands

Area Targeted: Middle Chest



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=Q0gXmtk4pMg>

INSTRUCTIONS:

SET UP:

Anchor: Secure the band(s) to the door with the door anchor at the top of the door.

Bands: Attach both ends of the band(s) to one handle, and grip the handle with one hand.

Body Positioning: Stand 3 to 4 feet away from the door with your active side facing the door. Keep your back straight, head straight and chest up. Position your arm so that your elbow is up (even with your shoulder), and forearm is pointed down with your hand outside of your chest. Your feet should be wider than shoulder width apart.

MOVEMENT:

Push the handle(s) across your body until your hand is in front of the opposite chest. Return to the starting position (controlling the resistance). Repeat

POINTS TO REMEMBER:

1. Keep your arm tight to your body as you push the handle(s).