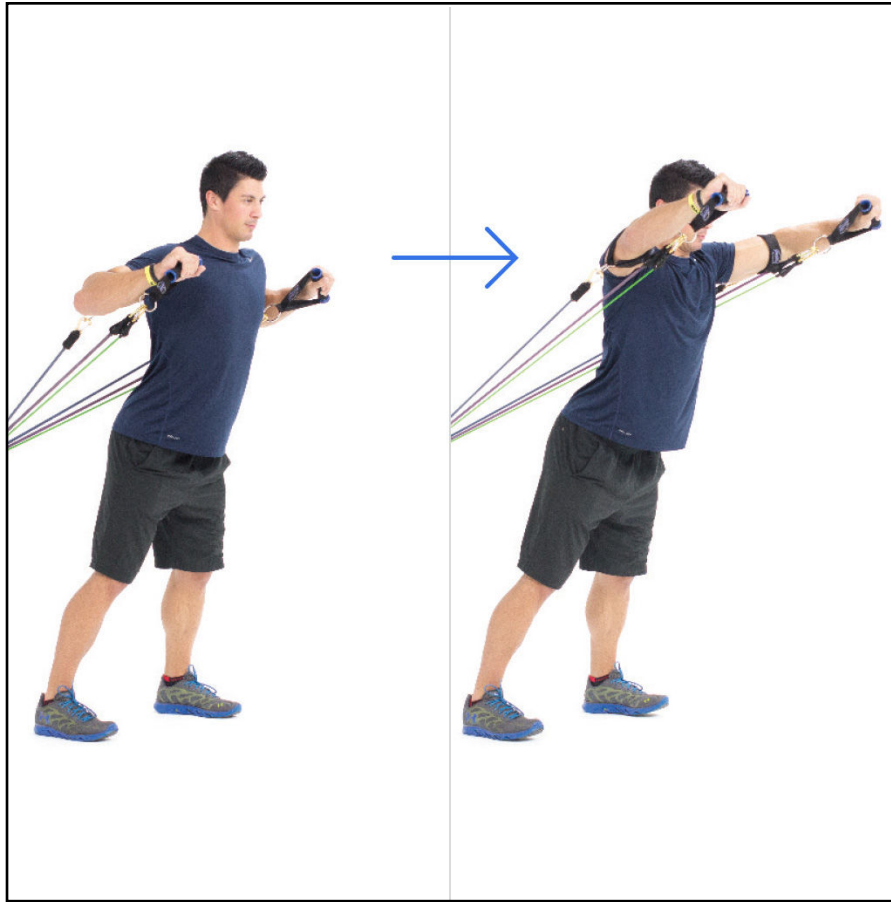


Double Point Chest Press With Bands

Area Targeted: Middle, Upper Chest



INSTRUCTIONS:

SET UP:

Anchor: Secure the band(s) to the door with the door anchor at knee height.

Bands: Attach each end of the first band to a handle, and each end of a second band to an ankle strap.

Body Positioning: Secure an ankle strap on each arm, above the elbow, and grip a handle from the first band in each hand. Stand 3 to 4 feet away from the door with your back to the door. Position your arms so that they are parallel with the floor, and parallel with the door behind you. Your palms should be facing down. Keep your back straight, head straight and chest up.

MOVEMENT:

Push the handles forward, up and in until they are about 6 inches apart, and at eye level. Return to the starting position (controlling the resistance). Repeat.

POINTS TO REMEMBER:

1. Grip the handles lightly to insure that the majority of the stress is placed on the chest muscles.
2. Do not bring your elbows past your shoulders as you bring them back to the starting position.