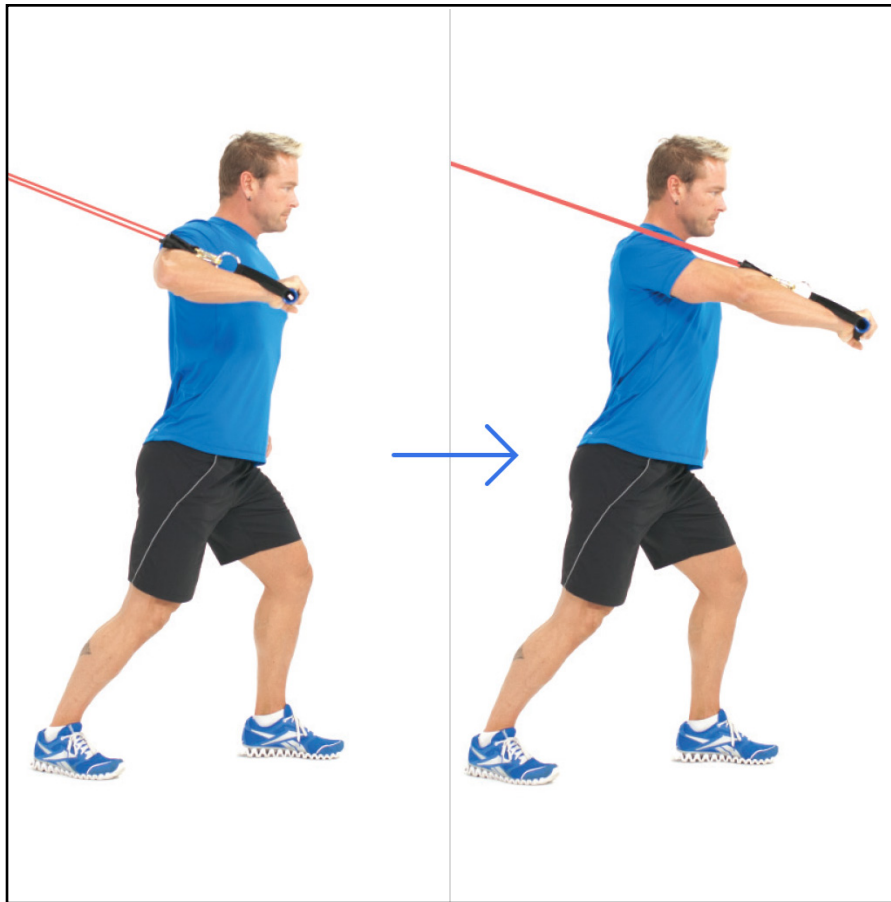


# One Arm Chest Press With Bands

Area Targeted: Middle Chest



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

## 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 back to the door. Keep your back straight, head straight and chest up. Position your arm so that it is parallel with the floor, and parallel with the door behind you. Your elbow should be bent so that your upper and lower arm are at a 90 degree angle. Stagger your stance with the leg of your non-active side in front.

### MOVEMENT:

Push the handle forward and down until your arm is almost fully straight and your hand is in front of your chest. Return to the starting position (controlling the resistance). Repeat.

### POINTS TO REMEMBER:

1. Keep your shoulders square, do not move them forward or back as you press.