

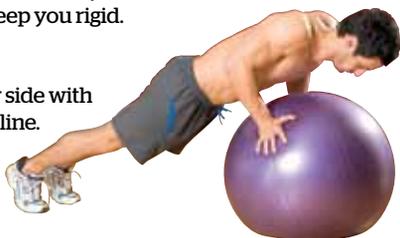
2 GYM BALL PUSH-UP

Why do it

The instability of the ball makes your chest work harder to keep you rigid.

How to do it

- > Grip the ball on either side with your body in a straight line.
- > Lower your chest to the ball and push back up powerfully.



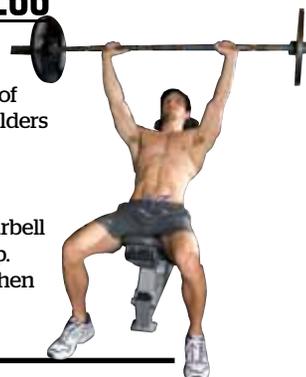
6 INCLINE BENCH PRESS

Why do it

It places greater emphasis on the top of your chest and the front of your shoulders than the classic bench press.

How to do it

- > Lie on an incline bench holding a barbell with a wider than shoulder-width grip.
- > Slowly lower the bar to your chest, then press back up powerfully.



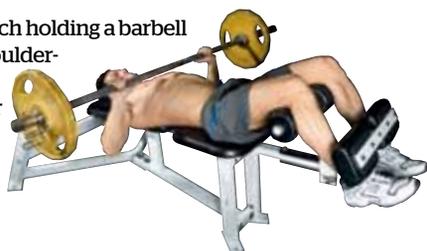
3 DECLINE BENCH PRESS

Why do it

It targets the lower portion of your pecs.

How to do it

- > Lie on a decline bench holding a barbell with a wider than shoulder-width grip.
- > Slowly lower the bar to your chest and press back up powerfully.



7 CLAP PUSH-UP

Why do it

It requires explosive power to push your hands off the floor.

How to do it

- > Start in a push-up position and lower your chest to the floor.
- > Push back up powerfully, taking your hands off the floor and clapping them together.



4 DUMBBELL BENCH PRESS

Why do it

Dumbbells require more effort to stabilise than a bar.

How to do it

- > Lie flat on a bench holding a dumbbell in each hand with your arms extended above you.
- > Slowly lower the weights, then press back up strongly.



8 DUMBBELL PULL-OVER

Why do it

It targets your pecs and lats.

- > Slowly lower the weight back behind your head until you feel a stretch, then return to the start.

How to do it

- > Lie on a bench holding a dumbbell above your chest in both hands.



5 CABLE CROSSOVER

Why do it

With cables you must control the weight through the entire rep, making your chest work harder.

How to do it

- > Stand in a cable machine holding a D-handle attached to the high pulley in each hand.
- > Squeeze your chest to bring your hands down in front of your body, crossing at the wrists, then return slowly to the start.



9 T PUSH-UP

Why do it

It works your chest as well as your arms, shoulders and core.

How to do it

- > Start in a push-up position with a dumbbell in each hand. Lower your chest almost to the floor and push back up, twisting to lift one arm up above you.
- > Return to a push-up position, lower again and repeat with the other arm.

