

Your Exercise Routine: Band Chest Press

The next exercise we are going to complete is called a Band Chest Press. This exercise - we need a tool. We need to have one of these exercise bands, one of these tubes, which you can purchase pretty inexpensively at either a discount store, department store or a sporting goods store.

The way we're going to do this exercise is you need another tool - either a post in the home, or a partner to hold the band for you while you execute the exercise. You're going to turn and face away from your partner or the post, stand with one foot in front of the other, with both knees bent.

Elbows are bent at 90 degrees. Wrists are straight. And all you're going to do, you're going to push the handles forward to straighten your arms, then come back to a bent arm position. Push forward and bring it back to a 90-degree bend in your elbows.

This exercise is strengthening your chest muscles as well as the muscles behind your upper arms, or your triceps. In addition, because of the stabilizing, you're working against gravity to stabilize your abdominals and your lower back muscles, or your core.

Like with our other exercises, we're going to complete 10 repetitions. Then you're going to take a break and do another set.

We have 2 more to do ... last one ... push forward and return. Come back to a standing position.

Very good. That was awesome.