

# Your Exercise Routine: Seated Chest Press

This next exercise is called a seated chest press.

It is designed to strengthen the muscles across the front of the body, or the chest muscles. Because it is a pushing exercise we're also strengthening the back of the arms, or our tricep muscles.

The most important thing with a seated chest press is the level or height of your seat. You want to set the seat height so that when you're sitting in it you are placing the handles slightly below shoulder level. You do not want the handles to be up at shoulder level, up here, you want them slightly below as they are right now.

The next thing we want to consider is how much resistance we're going to apply to the exercise. With our other exercises we actually applied resistance by moving pins down a stack of weights, but there are some machines that don't have stacks with pins.

Other machines like this, you actually have to pick up and apply the weight to the machine. And you want to select a level of weight that's going to provide some challenge to the exercise but that's not going to be so heavy that you can't complete the exercise with good form.

To do this exercise properly, you want to sit with your head back against the back pad as well as your shoulder blades, position your hands on the handles maintaining a straight wrist position, pushing the arms forward until the arms are straight without locking the elbows and then bringing the arms back to a bent arm position.

Push and straighten and then bring them back. Push and straighten and bring them back.

You want to make sure that you're not moving your head forward in an attempt to push the weights forward and you also want to make sure you're not hunching your shoulder blades up and in an attempt to push the weights forward.

If you find that the head comes forward or you're hunching your shoulder blades then you want to reduce the weight a little bit so you can maintain good form.

As with our other exercises you're going to complete 10 to 12 repetitions, take a break and repeat that. Let's do 2 more.

This is your last one. Very good!