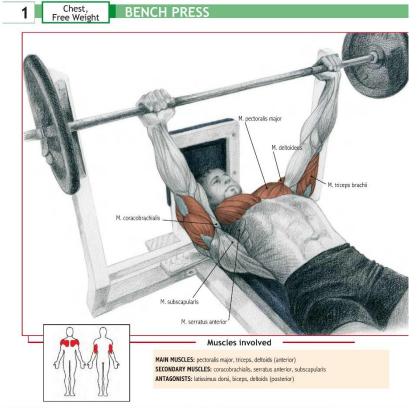
Vücut Geliştirme

Göğüs Bölgesi Antrenmanları

Spor Bilimleri Anabilim Dalı



.2 ... CLOSE GRIP / HANDS TOGETHER

MUSCLES USED

triceps, pectorals and deltoids (anterior)

TECHNIQUE

The movement is the same, but the hands are kept only about 20 cm apart. As a result, the triceps takes over a part of the work done by the pectoral muscle. Do not do this exercise if you have problems with your wrists, and use a lighter weight than in the basic exercise.



Chest, Free Weight M. coracobrachialis M. triceps brachi M. coracobrachialis M. subscapularis M. serratus anterior Muscles involved MAIN MUSCLES: pectoralis major (clavicular area), triceps, deltoids (anterior) SECONDARY MUSCLES: deltoids (medial), coracobrachialis, serratus anterior, subscapularis ANTAGONISTS: latissimus dorsi, biceps, deltoids (posterior)

VARIATIONS 2.2 ... WITH DUMBBELLS

MUSCLES USED

pectoralis major (clavicular area), triceps, deltoids (anterior)

TECHNIQUE

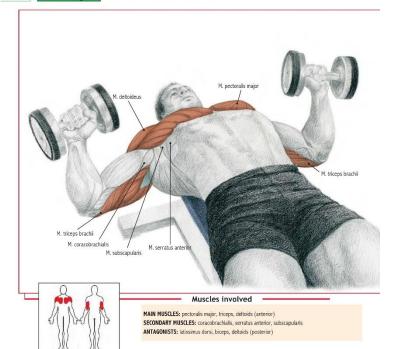
Set up the bench in the same position as described for the basic exercise and lie back with the dumbbells on your knees or on the floor. The lift is the same as using a bar, but you can "close" toward the end of the movement, bringing the weights closer together. In theory, this provides a proximal workout (i.e. close to the sternum). However, the difference is not great because the whole muscle in any case contracts, given that there are no insertions between the medial and certain alrea. That said, the movement is more natural. Doing the incline bench press with dumbbells allows you to lower the weight further, which helps (leibhilty, although you should be careful to reduce the load to prevent injury. The main disadvantage is that the weight used is normally less than using a bar because of the movements needed to get into position starting from a low position (rather than lifting the weight down from supports). Also, there is a greater risk of instability toward the end of each set due to muscle enhants for often affecting the triceps).



4 Fre

Chest, Free Weight

DUMBBELL PRESS



VARIATIONS

4.2 ... WITH OUTWARD TWIST

MUSCLES USED

pectoralis major, triceps, deltoids (anterior)

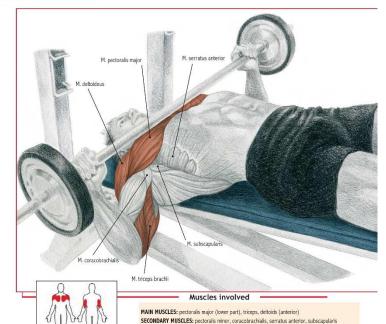
TECHNIQUE

Essentially, this is the same as the basic exercise, but it includes wisting the thumbs outward and the pinkes inward so that they come closer together in the final part of the movement. This twist is supposed to provide a more intense final contraction in the sternal part of the muscle. However, the twist usually only involves the forearm, and the pectoral muscle is hardly working against gravily at the end of the lift, which makes the movement less effective (see Exercise 2.3).



Chest, Free Weigh

DECLINE BENCH PRESS



0/ \0/

MUSCLES USED

pectoralis major (lower part), triceps, deltoids (anterior)

TECHNIQUE

The position is the same as for the barbell press, but it is necessary to lie back while holding the dumbbels with he arms flexed, unless you are being helped by someone who can pass you the weights. In addition to the drawbacks mentioned previously, using dumbbels for this exercise obliges you to manage your weights in stather unmarkel posture at the beginning and end of each set, although it does allow a longer movement. In this light, it is advisable not to do heavy sets and to seek assistance.

ANTAGONISTS: latissimus dorsi, biceps, deltoids (posterior)

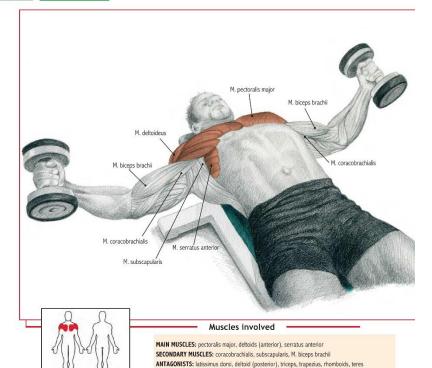
Picking up and putting down the weights involves some risk to the shoulders, not to mention the possibility that you may damage the apparatus.



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5 Chest, Free Weight

FLYES/DUMBBELL FLYES



VARIATIONS

5.2 ... INCLINE

ISCLES USED

pectoralis major (clavicular area), deltoids (anterior), serratus anterior

TECHNIQU

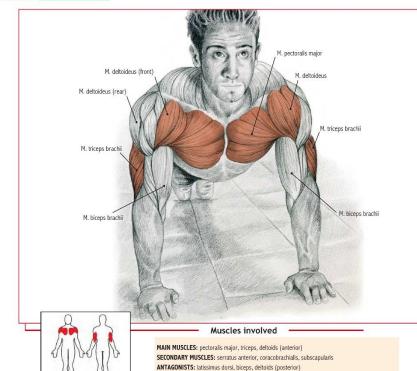
Essentially, the technique used is the same as in the basic exercise but on a bench set at an incline of 30° to 45° (see Ex. 2.2 "incline press with dumbbells"). Obviously, it is the upper fibers that make the greatest effort, although the rest contribute.



6

Chest, Free Weight

PUSH-UP



VARIATIONS 6.2 ... DECLINE

MUSCLES USED

pectoralis major (clavicular area), triceps, deltoids (anterior)

TECHNIQUE

The movement is the same, but the feet are supported on a bench or step. The upper part of the pectoral muscle (davicular area) and the center part work harder in this variant.



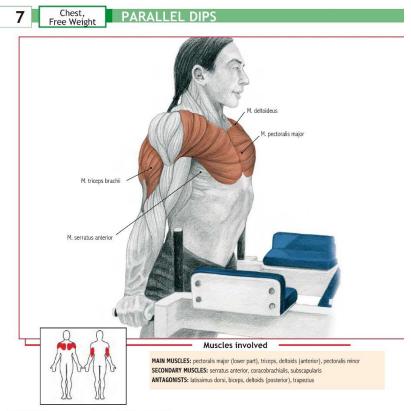
.3 ... INCLINE

MUSCLES USED
pectoralis major, triceps, deltoids
(anterior)

TECHNIQUE

The same as in variant 6.2 but with your feet on the ground and your hands on a bench or step. The lower and center parts of the pectoral muscle work harder in this variant.





ARIATIONS 7.2 ... WITH WEIGHTS

MUSCLES USED

pectoralis major (lower part), triceps, deltoids (anterior), pectoralis minor

TECHNIQUE

The movement and technique are the same as for the basic exercise. The only difference is to hang a weight from your waist or a belt (or hold a dumbbel) between crossed feet), if a weight is used, the precautions mentioned for the basic exercise are even more important because you are increasing the risk of harm to the musdes worked. Because of this, it is advisable to slow down and increase the number of repeats rather than adding any additional load. Machines exist (for both drops and pull-ups) incorporating a weighted plate and a cable running vertically to the body to hook up the belt, although they are not common. All of the preceding comments concerning free weights also apply.



DUMBBELL PULL-OVER Free Weight M. coracobrachialis M. pectoralis major M. triceps brachii M. triceps brachii M. teres minor M. teres major M. serratus anterior Muscles involved MAIN MUSCLES: latissimus dorsi, teres, pectoralis major SECONDARY MUSCLES: serratus anterior, coracobrachialis, triceps, rhomboids ANTAGONISTS: pectoralis major, deltoids (anterior), triceps

8.2 ... WITH BARBEL

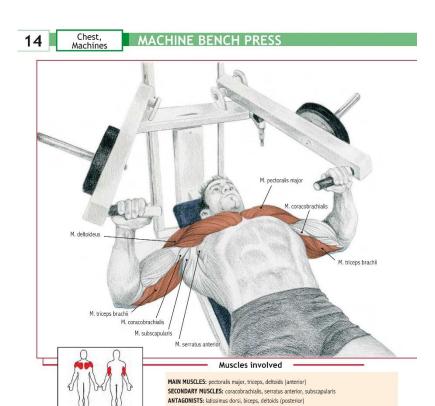
MUSCLES USED

pectoralis major, latissimus dorsi, teres major

TECHNIQUE

Take a short barbell with an overhand grip (pronation) and perform the same movement as with the dumbbell. This variant is not as safe as the basic exercise as there is a risk of losing your balance.





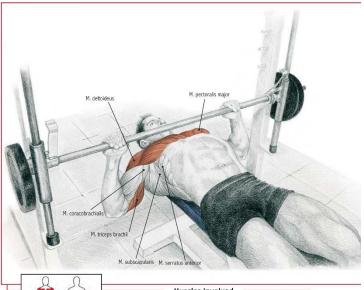
pectoralis major (clavicular area), deltoid (anterior), triceps

TECHNIQUE

The movement is the same, but the incline, or the design of the machine, shifts work to the higher (clavicular) part of the pectoral muscles, and to the anterior part of the shoulders.



MULTI-POWER BENCH PRESS





Muscles involved

MAIN MUSCLES: pectoralis major, triceps, deltoids (anterior) SECONDARY MUSCLES: coracobrachialis, serratus anterior, subscapularis ANTAGONISTS: latissimus dorsi, biceps, deltoids (posterior)

MUSCLES USED

pectorals (clavicular area), triceps, deltoid (anterior)

TECHNIQUE

The movement is the same as in the basic exercise, but the bench is set at an incline of around 30° to 45°. As in the case of the incline press with free weight (Ex. 2), the pectoral muscle remains in demand, but the work is shifted to the upper (clavicular) fibers and the shoulders.



MUSCLES USED

pectorals (lower part), triceps, deltoids (anterior)

TECHNIQUE

The movement is the same as in the basic exercise, but the bench is set at a decline of around 30°. The pectoral work is more intense for the lower muscle fibers.

Working out with your head below the level of the body has serious disadvantages, as described in "decline bench press" with free weight (Ex. 3).

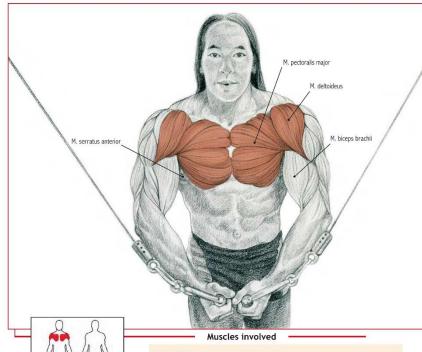




16

Chest, Machines

CABLE CROSSOVER



MAIN MUSCLES: pectoralis major, deltoids (anterior)

SECONDARY MUSCLES: pectoralis minor, coracobrachialis, serratus anterior, subscapularis, biceps ANTAGONISTS: latissimus dorsi, deltoids (posterior), triceps

VARIATIONS 16.2 ... PRESS

MUSCLES USED

pectorals, deltoids (anterior) and triceps

TECHNIQUE

Far from being a mistake, this variant can excellent pectoral exercise. It requires the same posture but a different movement, in which you will need to bend your obbovs as you open your arms and straighten them as you bring you rhands together. This allows a heavier load without putting excess strain on the elbows and shoulders. If you use a moderate to light load and do a large number of repeats, you will achieve an excellent level of congestion in the pectoral musch.



16.3 ... ONE-HANDED

MUSCLES USED

pectorals, deltoids (anterior) and biceps

ECHNIQUE

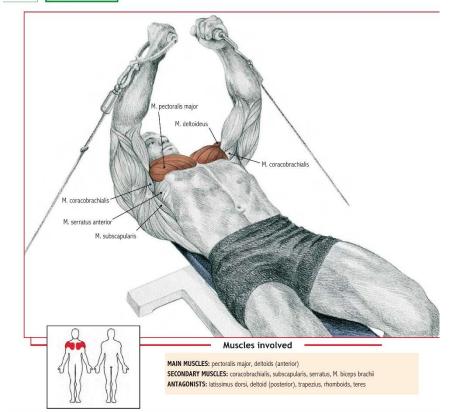
The posture is the same as in the preceding exercises, but you use only one hand and place the other on your hin. This stance is more comfortable if you place the opposite leg of the arm worked slightly forward. You can use either the flyes-style movement (conventional cable crossover) or the press style. It is necessary to fix the abdominal and lumbar muscles firmly to prevent your trunk from twisting with the movement. You should use this variant only when the cable crossover apparatus is not available in the gym.



17

Chest, Machines

CABLE FLYES



VARIATIONS

17.2 ... INCLINE

MUSCLES US

pectoralis major (clavicular area), deltoids (anterior)

TECHNIQUE

Essentially, the technique used is the same as in the basic exercise but on a bench set at an incline of 30° to 45° (see Ex. 5.2 "incline flyes with dumbbells").

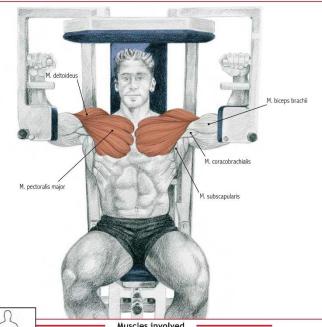
This variant is excellent to achieve congestion of the upper part of the pectoral muscle, where dumbbell liyes are less effective. As a consequence, it works out an area of the pectoral muscles that is otherwise difficult to train, and the inclusion of this exercise (or the presssyle variant, Ex. 17.3) in your training routines is recommended.



18

Chest, Machines

BUTTERFLY PRESS





Muscles involved

MAIN MUSCLES: pectoralis major, deltoids (anterior)

SECONDARY MUSCLES: coracobrachialis, subscapularis, biceps (short part)

ANTAGONISTS: latissimus dorsi, deltoid (posterior), trapezius, rhomboids, teres

VARIATIONS

MUSCLES USED

pectoralis major, deltoids (anterior)

TECHNIQUE

Straightening the arms at the elbow does not affect the pectoral muscle, and this variant is therefore the same as the basic exercise using a movement that simulates flyes or a hug. The advantage of the arms open exercise is that the tension remains more or less constant over the whole of the movement and is not lost in the closing phase.





Execution -

Lie flat on the bench (sucine) supporting your head and back, with your feet firmty planted on the ground. Position yourself and take hold of the ban which should be directly above your eyes, with a symmetrical overhand grip (pronation), hands slightly beyond shoulder-with apart, proferably keeping your thumb below the bar, inhale before taking the bar down from its supports and bring it into line with your chest. Lower your olbows away from trunk until the bar is just above the middle part of your chest, and then raise it ventically. Breathe in as you lower the bar and exhalt as you complete the fill.

Comments

This is a basic energies. If is newly but simple; it requires concentration and, often, assistance. If the centrals high, it is a good idea to position the feet on a step to avoid excessive curvature of the lower badu. However, the main thing is stability. You may arch your back (which provides greater power) to complete a set, but only if you have diliculty with the last repeal and you do not have the help of a fellow affecte. De careful to have the bar properly in its supports when you finish. Variations outside the trajectory described folia, lowering the participant the shoulders or the stationers) are not recommended, and in any case, they do not provide any additional benefits. Though Uis defined as an antagonistic musde in this element, the pieces also takes the strain in the borehoress. This is just one of the many econotes where a muscle moves in one way but can also help its antagonals depending on efficit part of the body is focused on and other factors (see Ex. 1 "Shoulders and Meck," for example).



Common mistakes: arching the back (this means your feet are placed too lov); sourcing the bar off the chest, lovering the bar toward the neck or addomen, excessive or insufficient weight: locking the above at the grea of the newement; moving the less, back or head

NUSCLES USES

DECORATE, Schiller Son, and Independency is obtained to greater separation below the transport to the decoration of the deco theory, this variant helps expand the chest issue Ex. 5). It helps to inhele doesy as you ware the for.



MUSCLES USED defluids (timelon), timeps and destoods TECHNIQUE

TECHNIQUE
The bettings in the same as the close grip-prens. In it this case the elders stay close to the fundament where corresponding and the core disk in this shall as and the sets done by the period in reach if the close eart be only the clouder and in tops. If the is, in fact, a heavy variety of the "French cross" (see Fig. 1865ps).





Lie on your front on the floor (proge) with your feet together and you Lie on you, from on the floor ignored, eith your feet tragether mot your hands just one moulder-wish posit, fingers forcing allighty linears. Statu-torth your arms extended and your legs straight. It over your body until your chest is just counting the Boot. Keep your hips immobile. Your body should he rigid like a board as you can exten what lim the demonstrat increment to accost halfreay) and orbital toward the end of the uposed movement.



This exercise is similar to the bench press, but it uses the pody's own weight. If you feel pain in your wrists, you can use your fists as support without changing the workout received by the muscles. A progressive regimen from light a cerranding could be as lations; (1) against a wall with feet close; (2) against a wall with feet further back; (3) on the floor with the support of your kness and your hands on a raised support; (4) on the floor with face-support and your hands on the floor; (5) feet (but no faces) on the floor and hands on a raised support; (6) hands and feet on the floor as esplained for the basic exercise. Any of these varietions becomes casion if you open your logs wider



Common mistakes: failure to lower the shoulder and waist at the same time; short powement another point the exercise residest.



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Process having and a sun and services on a fewal or an individual make, another in the horizon of the hor

MUSCLES USED pectorals major, theeps, colleges (anterior)

Internet Technique
The connect is the rame for the connect is the rame for the control is one against a nat. This is all easy exercise or beginnes or as a same, the Certy, you will need to be clean the moment slewy analytic. maintain constant lension. This variant occomes more difficult the farther your



MUSCLES USED TECHNIQUE

His position is the same as in the basic control at any time. Make the incontract with your sounders by recovering pages or allowed to the control with your sounders by recovering against one flow to control your solds. Take 8 ears on right or built in any built in sound to work out the centariance obsequence or makes this investment to more conformable in it partial beautiful press. (Fig. 17).

