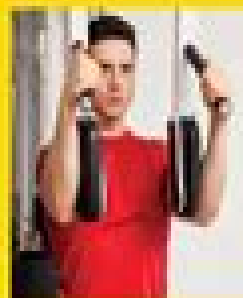


075 KNOW YOUR... PECTORALS

Spanning the upper chest from shoulder to shoulder on each side are the large muscles called the "pecs"—short for pectoralis major. This pectoral has two heads: the sternocostal head crosses the bulk of your chest, while the clavicular head is the upper part extending from your collarbone. Well-developed pecs are most visible on men in swimwear. They are typically hidden beneath the breasts. Beneath the pectoralis major is the pectoralis minor, which helps pull the shoulder forward and down. Both pecs work to draw your arms forward and outward the center of the body, and they also work with the shoulders and arms to perform pushing movements, as well as playing a part in breathing, pulling the ribcage to allow the lungs to expand when you breathe.



HOW EFFECTIVE IS THE PEC DECK?

The pec deck—also known as the butterfly machine—is designed to isolate your chest muscles. Working at a pec deck, you perform a fly exercise sitting upright, with your upper arms spread and parallel to the ground, forearm bent, and your hands grasping the top of two spring-loaded “wings.” The arms move forward, bring the wings together, and then guide them back. The machine does, however, have a flaw. There is some concern that older-style machines guide the arms back toward the end of the range of motion, potentially forming shoulder joints. Make sure your gym is using the newer style of pec deck with handles attached to an arm—or simply stick to free weights and cables.

076 GRASP THE CABLE MACHINE

Just about any gym you wander into will have at least a few cable machines, which are versatile pieces of equipment that are commonly used in weight training and functional training. Its steel frame features cable weight stacks on each side. The cables that connect the handles to the weight stacks run through adjustable pulleys that can be fixed at any height. The adjustable height and ability to work from all angles means you can perform a wide variety of core and arm exercises, using handles, bars, or ropes.



077 PUT YOUR PECTORALS THROUGH THEIR PACES

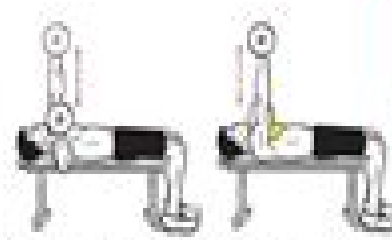
A smart chest workout, such as this one crafted by the fitness experts at *Men's Health*, will include exercises that target both heads of the pectoralis major, as well as the deep pectoralis minor. This workout will get you started, including moves that

target your entire chest. To begin, use weights that you find challenging, but doable. Follow the recommended reps and sets, adjusting the numbers depending on your level of fitness.



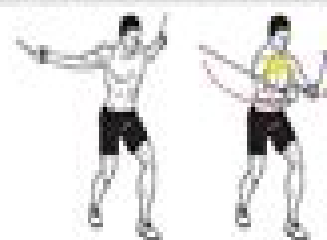
DUMBBELL FLY Most gyms have default machines for chest moves like the fly, but don't be afraid of taking up weights. Using free weights is much more effective because you really have to control your body weight, which requires additional energy, so you see results faster. Perform three sets of 10 reps.

HOW Lie on an incline bench holding a dumbbell in each hand, with palms facing in. Extend your arms straight up. Breathe, and lower both arms out to the sides to your shoulder height. Hold briefly, and then slowly rise to return to the starting position.



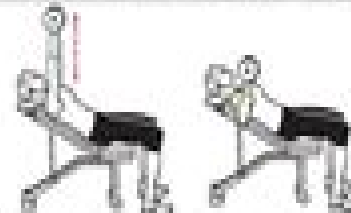
DUMBBELL CHEST PRESS WITH HOLD This version of the classic dumbbell chest press also builds up stamina because you keep your arms and chest engaged at all times. Perform three sets of 10 reps.

HOW Lie on your back on a flat bench. Hold dumbbells with your palms facing forward, and plant your feet on the floor. Lift your arms straight up so the dumbbells are in line with your shoulders. Lower your right arm until your elbow is near your shoulder while keeping your left arm straight. Lift your right arm back up, then lower your left, alternating sides.



CABLE CROSSOVER Unlike free weights, cables provide you with a continuous and steady level of resistance, which engages the small stabilizing muscles in your chest, as well as the pectorals. Perform three sets with increasing reps of 10, 15, and 15.

HOW Stand with one foot forward and your feet about hip-width apart. Bend your chest slightly forward and grip a cable handle in each hand. Your hands should be slightly above the shoulders and elbows slightly bent. With your arms almost fully extended, slowly bring your hands together in a wide arc. Return to the start position and repeat.



INCLINE BENCH PRESS This dumbbell incline version of the classic flat bench barbell bench press adds angles to your pecs workout, which challenges more muscle groups—the incline position helps you work the top section of the pecs. Perform three sets of 10 reps.

HOW Lie face up on an incline bench angled between 45 and 60 degrees. Grasp a dumbbell in each hand, and plant your feet firmly on the floor. Hold the dumbbells with your palms facing forward. Press the weights upward to a position over your eyes until your elbows are straight. Lower the dumbbells toward your upper chest, keeping your elbows straight under your wrists. Return to the starting position.

Total Gym Fitness Exercise Manual

N Noddings



Total Gym Fitness Exercise Manual:

The Total Gym Ball Workout Steve Barrett, 2012-05-17 The ultimate one stop guide to using this bestselling piece of equipment not just in the gym but at home too Practical and easily accessible The Total Gym Ball Workout is perfect for the fitness enthusiast or fitness professional who wants to lightly improve their knowledge and heavily improve the range of exercises they can use in their training Tried and tested exercises are accompanied by clear photos and illustrations presented in a modern and logical way The Total Gym Ball Workout is brimming with ideas for using this popular piece of fitness equipment Packed with clear and easy to use exercises this how to reference book also provides adaptations of basic and advanced exercises making it ideal for anyone who wants to get the most out of their fitness gear Each exercise idea is organised by fitness level and includes follow up and extension ideas Written in a jargon free and concise style this book is light on the science and background heavy on practicality *The Complete Idiot's Guide to Weight Training* Deidre

Johnson-Cane, Joe Glickman, Jonathan Cane, 2002-12-01 This text aims to be useful to those looking for an approachable beginner's guide to lifting weights The book is issued in the illustrated format where photographs and line illustrations are given as much attention as the easy to read text The guide includes multiple exercises for all the major muscle groups photographs depicting the beginning midpoint and ending positions for each exercise and photographs depicting the most common mistakes in executing various exercises allowing readers to learn from others mistakes **Kiplinger's Personal**

Finance, 1984-09 The most trustworthy source of information available today on savings and investments taxes money management home ownership and many other personal finance topics *The Complete Idiot's Guide to Short Workouts* Deidre Johnson-Cane, Jonathan Cane, Joe Glickman, 2001 Provides routines for fifteen thirty forty five and sixty minute cardiovascular and weight training workouts including information on seasonal and office workouts *Total Knee*

Replacement and Rehabilitation Daniel J. Brugioni, Jeff Falkel, 2011-01-01 While several treatment options exist for knee arthritis patients end stage treatment is total knee arthroplasty TKA or total knee replacement For patients to achieve maximum benefits of this surgical correction they need understand and manage many important details both before and in the first year after surgery This comprehensive guide explains everything from the preoperative decision making process to the surgery itself how to prepare your home for post surgery rehabilitation and a week by week description of how to rehabilitate yourself following your TKA The road to recovery is laid out clearly in this book in such detail that there are no surprises It concentrates extensively on postoperative rehabilitation which is vital to the success of a TKA and as important as the surgery itself This book contains 145 exercises 190 illustrations and photos and questions and answers at the end of each chapter It empowers patients with the knowledge they need to take charge of their own rehabilitation program

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