

# CHEST & BICEPS

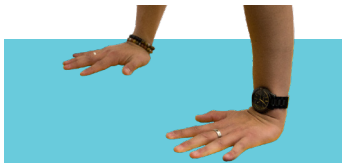
## FLAT PUSH UPS



1. Position your body with your arms straight out. Hands and arms should be positioned slightly below your shoulders, fingers pointed forwards.



2. Lower your body until your chest is an inch or two above the floor. Push your torso away from the ground until your arms lock.



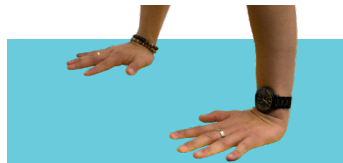
## DECLINE PUSH UP



1. Begin with your feet on an elevated surface shoulder width apart.



2. While keeping your back straight begin to go down as your elbows reach a 90 degree angle and push back up.



## CHIN UP



1. Start with your arms shoulder width apart and your palms facing you.

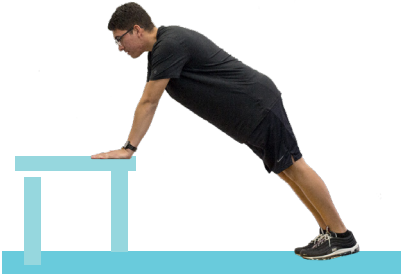


2. While gripping the bar, pull yourself up until your chin reaches the top of the bar and go back down.

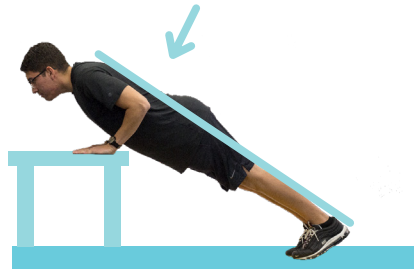
“It does not matter how slowly you go as long as you do not stop.”

-CONFUCIUS

## INCLINE PUSH-UPS



1. Plant your hands on an elevated platform shoulder width apart in a push up position.



2. Slowly go down until your elbows are 90 degrees, keeping your back straight and then push up.

“Believe in yourself and all that you are. Know that there is something inside of you that is greater than any obstacle.”

-CHRISTIAN D. LARSON

## CHEST DIPS



1. Hold on to bars. Keep your back straight.



2. Straighten your arm to lift your body up.



3. While you push up, slightly bring up your feet behind you.



4. Lean your chest forward and go down with a slight bend on your elbow and push back up.