

Full video instructions for this exercise can be found at: <http://ptpete.co.nz/?p=1968>

1 Arm Cable Chest Press

Exercise Purpose:

To strengthen your chest muscles (in a functional position)



Key Points:

- Attach the cable at, or above shoulder height
- Get in the lunge position with your right leg forward
- Whilst holding the cable in your left hand start with your left elbow directly out to the side or in front of your left shoulder (at chest height)
- Start with your right hand/arm stretched out in front of you
- Thinking about your left chest muscles punch forward and down slightly with your left hand/arm. Your right arm should go in the opposite direction
- Make sure you punch all the way forward so your left shoulder blade rotates around the back of your rib cage

*A common mistake is to hitch your left shoulder up towards the ceiling throughout

- Keep your hips square throughout however allow for some mid back rotation to occur throughout
- Then slowly return to the starting position. As you are doing this bring your left shoulder blade down and back towards your spine
- Breathe out when you punch forward and breathe in as you return

*If you know how to then gently draw in your deep stomach muscles at the beginning of this exercise and keep them drawn in throughout