

Health, fitness, lifestyle

TAYLAKFITNESS CHEST EXERCISE GUIDE

Workout because you love your body, not
because you hate it.

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CONTENTS

Warm up	01
chest press machine	02
Chest press	03
Incline bench press	04
Cable flys	05
Dumbbell flys	06
Dumbbell pullover	07

STRETCHING AND WARMUPS



Don't forget to warm up and cool down!

Dynamic stretching and static stretching are two different types of stretching techniques.

Dynamic Stretching:

Dynamic stretching involves active movements, typically incorporated into warm-up routines before engaging in more intense physical activity. It helps joint range of motion, blood flow and reduced risk of injury.

Here are examples of dynamic stretches:

- Leg Swings: Swing one leg forward and backward in a controlled manner.
- Arm Circles: Rotate your arms in circular motions to warm up the shoulder joints.
- High Knees: March in place, lifting your knees towards your chest.
- Hip Circles: Rotate your hips in circular motions to improve hip flexibility.
- Jumping Jacks: Perform jumping jacks to engage multiple muscle groups and elevate your heart rate.

Static Stretching:

Static stretching involves holding a stretch for an extended period, typically 15-60 seconds. It aims to improve overall flexibility, relaxes the muscle and elongate muscles. Static stretches are often performed after a workout during the cooldown phase.

Here are examples of static stretches:

- Hamstring Stretch: Sitting or standing, reach toward your toes, holding the stretch.
- Chest Opener: Clasp your hands behind your back and straighten your arms to open up your chest.
- Quad Stretch: Stand on one leg, bringing your heel towards your glutes, and hold the stretch.
- Calf Stretch: Place one foot behind you, keeping the heel on the ground, and lean forward to stretch the calf.
- Triceps Stretch: Bring one arm overhead and reach down your back, gently pulling on your elbow with the opposite hand.

Static stretching helps relax muscles, improve flexibility, and enhance overall range of motion. It's beneficial for

CHEST PRESS MACHINE

Chest Press Machine

Setup

- Adjust the seat height so the handles are in line with your mid-chest
- Sit with your back flat against the pad, feet flat on the floor
- Grab the handles with a neutral or overhand grip, elbows bent around 90°
- Keep your shoulders down and back, chest up

Form

- Push the handles forward until your arms are almost fully extended (don't lock elbows)
- Squeeze your chest at the top of the movement
- Slowly return the handles back to the starting position, keeping control throughout
- Maintain tension in your chest — don't let the weight stack slam down

Tips

- Don't shrug your shoulders — keep them packed down
- Keep your elbows slightly below shoulder height to avoid strain
- Adjust the weight so you can control the full range of motion without jerking
- Perfect for beginners or to isolate the chest after barbell/dumbbell work
- Ideal for supersets with flyes or push-ups for a solid chest pump



CHEST PRESS

Chest Press (Barbell or Dumbbell)

Setup

- Lie flat on a bench (flat, incline, or decline depending on focus)
- Feet flat on the floor, core engaged for stability
- Hold a barbell or dumbbells with an overhand grip, hands just wider than shoulder-width
- Start with the weight directly above your chest, arms fully extended but not locked

Form

- Lower the weight slowly and under control to your chest
- Elbows should come down at about a 45° angle from your body – not flared out wide
- Stop when your elbows are about level with your chest
- Press the weight back up by pushing through your palms and squeezing your chest

Tips

- Don't bounce the weight off your chest – control is key
- Keep your shoulders retracted (pinched back) and avoid letting them rise
- Exhale on the press up, inhale on the way down
- Dumbbells allow more range of motion and balance challenge, while barbells let you lift heavier
- Ideal for building size and strength in the upper body push muscles 💪



INCLINE BENCH PRESS

Incline Bench Press (Barbell or Dumbbell)

Setup

- Set the bench to a 15–30° incline
- Sit on the bench and plant your feet firmly on the floor
- Grab a barbell or dumbbells with an overhand grip (hands just outside shoulder-width for a barbell, or hold each dumbbell with a neutral grip)
- Start with the weight at chest height, elbows bent at about 90°, and wrists straight

Form

- Press the weight upward by extending your arms, ensuring that your elbows don't lock at the top
- Lower the weight slowly and under control back to chest level, keeping your elbows slightly below shoulder height
- Focus on pressing evenly through your palms to avoid shoulder strain

Tips

- Don't arch your back excessively — brace your core and maintain a stable lower body
- Keep your shoulders down and avoid shrugging
- Exhale as you press up, inhale as you lower the weight
- Dumbbells allow for a greater range of motion and more control
- Ideal for targeting the upper pectorals and front delts



CABLE FLYS

Cable Flys

Setup

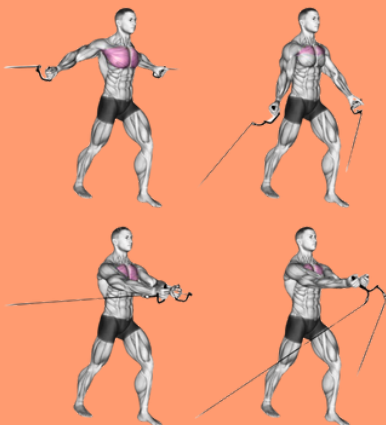
- Stand in the middle of a cable machine with the pulleys set to high or mid level
- Grab the handles with a neutral grip (palms facing each other)
- Take a small step forward with your feet shoulder-width apart and a slight bend in your knees
- Keep your chest lifted, core engaged, and elbows slightly bent (don't lock them)

Form

- Bring the handles together in front of you, keeping a slight bend in the elbows throughout
- Focus on squeezing your chest at the peak of the movement
- Slowly return the handles back to starting position, keeping tension on your chest — don't let the cables slack
- Keep your torso slightly angled forward to target your chest more effectively

Tips

- Avoid leaning backward or swinging the cables — keep the movement controlled
- Don't overextend — stop when your arms are at shoulder level or slightly wider to avoid shoulder strain
- Focus on the mind-muscle connection — imagine your chest pulling the cables together, not your arms
- Can be done high-to-low (for more lower chest activation) or low-to-high (for upper chest activation)



DUMBBELL FLYS

Dumbbell Flys

Setup

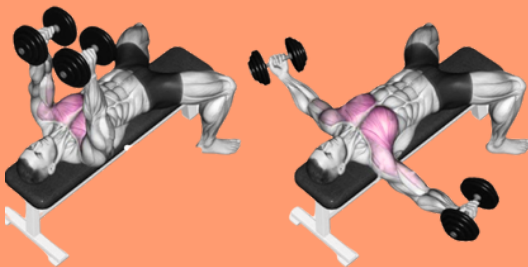
- Lie flat on a bench (or incline bench for more upper chest focus)
- Hold a dumbbell in each hand with a neutral grip (palms facing each other)
- Extend your arms straight up over your chest, with a slight bend in your elbows – don't lock them
- Keep your feet flat on the floor or legs bent, core engaged, and back pressed into the bench

Form

- Slowly lower the dumbbells out to the sides, keeping that slight bend in your elbows
- Lower the dumbbells in a controlled manner, aiming for a deep stretch in your chest (but don't overextend to avoid shoulder strain)
- Once your elbows reach about chest level, bring the dumbbells back together, squeezing your chest at the top of the movement
- Focus on using your chest to move the weights, not your arms

Tips

- Don't over-extend – stop when your elbows are around shoulder level to protect your shoulders
- Keep your shoulder blades retracted and your chest lifted throughout
- Avoid jerking the weights – maintain slow, controlled movement
- Breathe out as you bring the dumbbells together, and inhale as you lower them
- If using heavier weights, you can use a spotter for safety



DUMBBELL PULLOVER

Dumbbell Pullover

Setup

- Lie on a flat bench, keeping only your upper back and shoulders supported
- Feet flat on the floor with a slight bend in your knees
- Hold a dumbbell with both hands, gripping the inner plates or one end of the dumbbell
- Extend the dumbbell above your chest with arms slightly bent (don't lock your elbows)

Form

- Slowly lower the dumbbell over your head in a controlled motion, keeping your elbows slightly bent
- Lower the dumbbell as far as your mobility allows, feeling a stretch in your chest and lats (but don't go too low to avoid straining your shoulders)
- Reverse the motion, pulling the dumbbell back to the starting position, and squeeze your chest and lats at the top
- Focus on using your chest and lats to drive the movement, not your arms

Tips

- Keep your core engaged to protect your lower back and prevent arching
- Control the weight, especially when returning the dumbbell to the starting position
- Don't jerk the dumbbell – smooth, controlled movements are key
- If you're new to this, start with lighter weight to focus on form before progressing to heavier loads

