

MAY

Exercise of the month

STABILITY BALL CHEST PRESS

This exercise is a full body exercise that not only strengthens the chest, the core muscles (abs, trunk, lower back) but also the buttocks and hamstrings.



Sit on a stability ball with weights in hand and walk yourself down the ball until the ball is in the center of your back (not on your head or neck). Keep your hips pressed up towards the ceiling abs tight, knees bent 90 degrees and feet no more than hip distance apart with feet flat on the floor; closer is better.

Start with the triceps on the back, forearms perpendicular to the floor. Take a deep breath in and exhale as you start to move the weights up.



Press the dumbbells up towards the ceiling while squeezing your chest. Pause for a second before returning to the start position. As you lower the weights back down, inhale while you use your abs to keep your body still.

Avoid locking your elbows at the top of the movement. Do not move the dumbbells towards each other crossing over the chest at the top of the exercise. Don't let momentum move the weights.

Choose a weight that will allow you to tire your muscles after 20-25 reps (for strength & toning) 10-15 reps (for building). The last rep should be nearly impossible to complete. Repeat the exercise 2-3 times.

Beginners: Keep feet about hip distance apart.

Advanced: Keep knees & feet close together.