

SPRING BAR CHEST PRESS



Starting Position

- Stand approximately 30cm away from the Cadillac, with your back to the machine
- The crossbar should be a little above head height
- Lean slightly forward with the body and engage your abdominal muscles
- Bend your arms up to chest height and hold onto the bar with your wrists in a neutral position
- There should be slight tension in the springs



Movement

- Engage the muscles between your shoulder blades before you move the bar
- Exhale, then push the bar away from your chest until your arms are straight
- Hold momentarily, then inhale as you slowly return your arms to the starting position
- The muscles between your shoulder blades should work as you push the bar out and as you bring the bar back in
- You should feel your abdominal muscles working to hold you in correct alignment
- Repeat 5 – 10 times

Notes:

- Lean forward just enough to counteract the pull of the springs backward, but not enough to rely on the springs for support
- It is vital to keep your abdominal muscles engaged to hold in the correct alignment
- The further away from the Cadillac you stand the greater the resistance, adjust accordingly