

Bed-Based Strength Exercise #4: Chest Press

Objective: This exercise strengthens your chest and arms.

How to begin:

1. Begin by lying on your back with your knees bent and your feet flat on the floor.
2. Place a resistance band underneath your shoulder blades. Grab the ends of the band near your armpits. Take a deep breath.
3. **Breathe out**, as you extend your elbows, raising the bands until the upper arms are straight (not locked).
4. Lower back down to the starting position.
5. Do ____ sets, ____ per set.
6. Repeat on the opposite side.

How to progress:

1. Use heavier resistance bands.
2. Use dumbbells.

Goal:

Increase to:
____ sets, ____ per set.

A.



B.

