Chest Press (CMCP)

Muscles Exercised – Pectoralis Major, Anterior Deltoids and Triceps

Setup
Adjust the seat height so pulleys are aligned with mid-chest. Check the weight stacks to ensure proper resistance. Grip the handles and position elbows slightly below shoulders. Body is positioned with chest up, shoulders and head back against the back pad.

Performing the Exercise
With a controlled motion, extend the handles out until the arms are fully extended. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion while maintaining proper body position.