
FreeMotion Chest Exercises

Seated Two Arm Chest Press

TRADITIONAL



Seated Two Arm Decline Chest Press

PROGRESSIONS



Seated Two Arm Incline Chest Press



Seated Two Arm Alternating Incline/Decline Chest Press



Seated Two Arm Fly



FreeMotion Chest Exercises

Seated Back Off Pad Two Arm Chest Press



Seated Back Off Pad Alternating Arms Chest Press



Seated Back Off Pad One Arm Chest Press



Standing Two Arm Chest Press



Standing Alternating Arms Chest Press



FreeMotion Chest Exercises

Standing One Arm Chest Press



Standing One Arm Chest Press with Rotation



Seated Stability Ball Two Arm Chest Press



Seated Stability Ball Alternating Arms Chest Press



Seated Stability Ball One Arm Chest Press



FreeMotion Chest Exercises

Seated Stability Ball One Arm Chest Press with Rotation



Standing Split Stance Two Arm Chest Press



Standing Split Stance One Arm Chest Press



Standing Single Leg Two Arm Chest Press



Standing Single Leg Alternating Arms Chest Press



FreeMotion Chest Exercises

Standing Single Leg One Arm Chest Press



Standing Single Leg One Arm Chest Press with Rotation

