

---

# 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

---

