

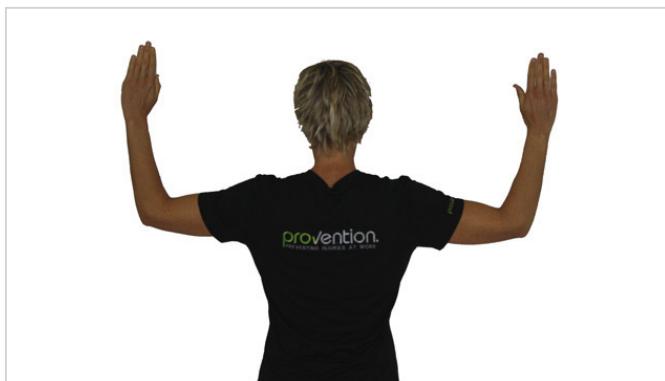
# PEC DEC

## POSITION

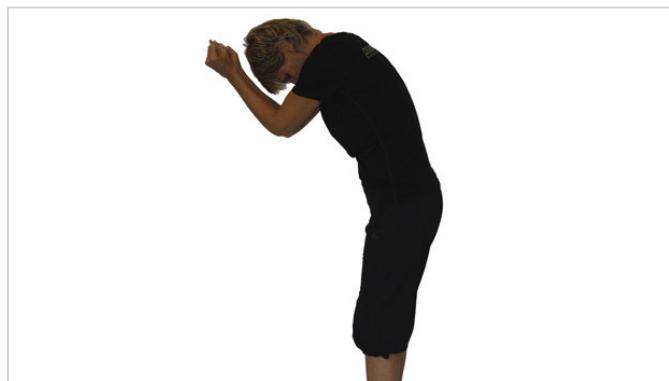
1. Feet shoulder width apart.
2. Shoulders and elbows 90 degrees (Step 1).
3. Look down to navel - sink chest in – bring elbows together (Step 2).
4. Return to upright – open chest – squeeze shoulder blades together.

## NUMBER

x 5



STEP 1



STEP 2

### Make sure:

- Step 1:
  - Don't arch your lower back as you bring your arms back; only squeeze your shoulder blades together.
  - Eyes look right down to navel.
- Step 2:
  - Cave chest in and make shoulder blades as round as possible .

### Breathing:

- Breathe out bring elbows together (Step 2), breathe in as hold, breathe out as stand upright and squeeze shoulder blades together.

### It is good for:

- Mobility chest, upper back and shoulders.
- Relaxation chest and upper back.