

1

CHEST PRESS ON THE BALL



T

The Set-up

- Head and neck supported on the ball
- High bridge to turn on core, feet wide
- Head and neck supported on the ball
- Push up to full extension to the top



Key Points

- The weights must be perfectly straight across
- They must not turn or dangle at the top as well
- Your elbows are the lever - they lead the way



gstarfit
eternalyouth

