**Champions for Change – Physical Activity Tips English – Chest Press**

*On-screen:* [Chest Press – Physical Activity. Champions for Change.]

*Speaker: Narrator –* Let’s build chest, arm and shoulder muscles with the chest press.

*On-screen:* [If at any time you have pain or shortness of breath, stop and consult a doctor.]

Chest presses are a great exercise that build upper body strength so you can pick up heavy objects and open heavy doors easier.

Don't forget to focus on keeping a neutral spine every time you exercise. Check out our neutral spine video. Stand facing the wall.

*On-screen:* [Arm’s reach away.]

You should be a little more than an arm’s reach away from the wall with hands at chest height and slightly more than shoulder width apart. Straighten your arms out in front of you. Bend your elbows, lowering your chest towards the wall so your nose and chin are about an inch away from the wall. Your body should remain straight in the neutral position throughout the exercise.

*On-screen:* [Hold for 1 second.]

Hold for one second. Now, push your body away from the wall by straightening your elbows returning to the start position. This completes one full repetition. To make this exercise a little harder try doing a push-up on the floor. Do 8 to 12 repetitions for one set. Increase the number of sets as you get stronger.

*On-screen:* [Increase the number of sets.]

*On-screen:* [Get recipes and tips at CaChampionsForChange.net.]

End of: Champions for Change – Physical Activity Tips English – Chest Press Video.

Video duration: 1:06