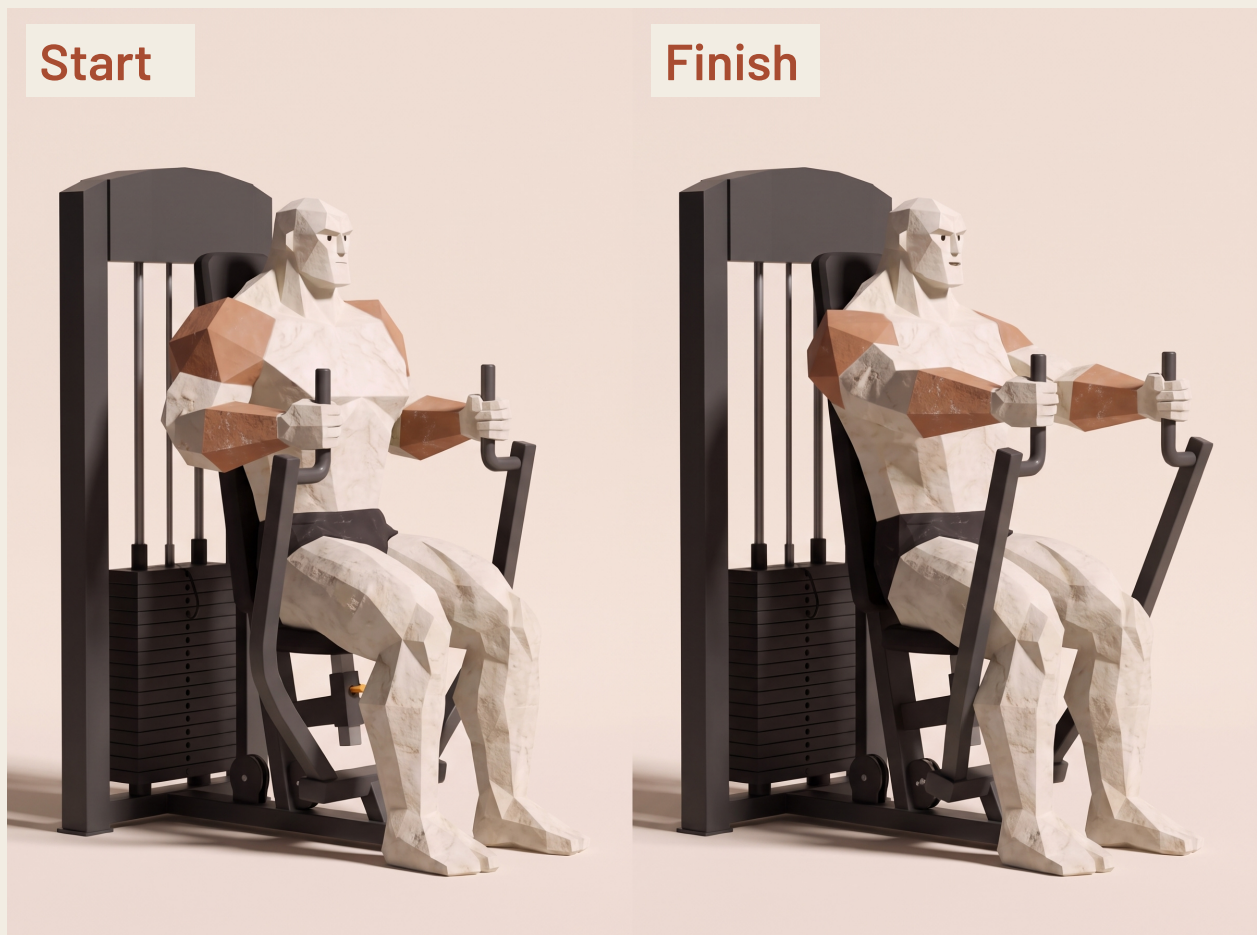


# Seated chest press

## Start and finish



Start: Back supported. Grip at mid-chest.

Finish: Press forward. Keep the back supported.

Selectorized chest-press machine

Weight stack shown at rest in both positions; handle position shows the movement.

AI-assisted artwork. Terracotta is a brand accent, not a muscle-activation map.

# Seated chest press

## Set up and move

---

### Set up

Adjust the seat so the handles meet the middle of your chest. Keep your feet planted and back against the pad.

Wrap your thumbs around the handles and line your wrists up with your forearms.

---

### Move

Press forward smoothly without lifting your shoulders or arching away from the pad.

Return the handles under control; stop before the upper arms are forced far behind the body.

# Seated chest press

## Check and log

---

### Check

Your head and back stay steady while the arms move.

Do not reach by rounding the shoulders off the back pad or sharply locking the elbows.

---

### Log

Record the displayed load, its kg/lb unit and actual reps. Save the seat, grip and machine ID.

# Try recording a set.

SIMULATED RECORD / NO EXERCISE REQUIRED

Practise recording these fictional numbers without exercising. This is not a workout or a load or set prescription.

## Seated chest press

Example setup: CP-02 / seat 3 / neutral handles.

| Stack setting | Unit | Reps | Status |
|---------------|------|------|--------|
| 25            | kg   | 11   | Done   |

Example note: Same machine and seat. These numbers are fictional.

## Now copy it, then correct 11 to 10.

Stack setting \_\_\_\_ kg / lb    Reps \_\_\_\_

Status: Done / Skipped / Not done

One useful note: \_\_\_\_\_

Use the unit actually recorded. A saved entry is not automatically completed. Leave unfinished work marked Not done.

## **Before you use the guidance.**

Blockwork is for adults 18+ who are new to gym strength training or returning after a break. It is a general plan, not rehabilitation. Get individual advice before starting if you have a health condition, current pain or injury, recent surgery, are pregnant or recently gave birth, or are unsure exercise is suitable. This is not a comprehensive or full-body programme.

## **If you feel unwell or have pain**

Stop the whole session if you feel unwell, faint, dizzy or light-headed, unusually short of breath, or have a racing or irregular heartbeat. Call local emergency services immediately for chest pressure or discomfort (including pain spreading to an arm, jaw or back), severe breathing difficulty, or a racing/irregular heartbeat with breathlessness, dizziness or faintness. Do not wait for these symptoms to settle. If that combination has stopped, seek urgent medical advice. Get medical advice before restarting after these symptoms. Stop any movement that causes sharp or worsening pain.