

## Level Three: Standing Chest Press

Standing chest press are an ideal exercise for a user who is required to train their kinetic chain. For example, ground based movement that finishes at the other end of the body, where energy is absorbed and generated produced at the end of the movement. These are likely to be martial artists, boxers or rugby / American football, where force is applied at the end of the kinetic chain to move an object or strike an object.

### Teaching Points

- Start facing a wall, several feet away, start with a light enough med ball so it can be moved quickly
- Feet shoulder width apart, core engaged, spine straight, slight bend knees
- Using the core as the base for the movement for the power, chest pass the ball against the wall as quickly as can
- Catch and repeat
- Look for over balancing forwards or taking a step back when chest passing. The med ball should travel in a direct path (straight) when leaving the hands it should not go up or down

### Target Muscles

**Primary Muscles:** pectoralis major, anterior deltoid, triceps

**Secondary Muscles:** rectus abdominus, transverse abdominus, erector spinae, rhomboids

**Look out for:** ball not travelling in a straight line when released, leaning forwards after released the med ball, leaning backwards then forwards to create momentum to release the med ball.

