

# Focus on Chest & Shoulders

This Programme on a Plate series focuses on specific body parts. This edition pays attention to ‘Chest & Shoulders’, we’re giving you new ideas to refresh your class, circuit or your one on one sessions.

## ORIGINS

**Pectoralis:** Clavicle, sternum and cartilages of ribs 1-6.

**Deltoids:** Broad along spine of scapula, acromion process and clavicle.

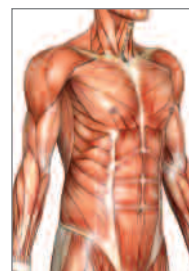
**Triceps:** Long head on scapula just above shoulder joint. Other two heads on humerus laterally and posteriorly.

## INSERTIONS

**Pectoralis:** Lateral part of humerus.

**Deltoids:** Laterall on to top of humerus

**Hamstrings:** Olecranon of ulna.



**Next months Programme on a Plate will target the core muscles.**

### Slanted Riser Dumbbell Pec Fly

#### Start position:

- Lie on the slanted risers with a pair of dumbbells pressed up vertically over your head. Ensure your head rests on the top of the risers.

#### Transition:

- Lower the weights down and outwards in an arc, maintaining a slight bend in both elbows.

#### End position:

- As you start to feel a stretch across your chest, pause for half a second then return through the same arc to the start position.

#### Teaching Points:

- Keep your lower back pressed against the risers throughout. Squeeze the chest muscles to initiate the movement and keep your elbows pointing outwards.

#### Visualisation Cues:

- Imagine hugging someone as your bring the weights back to the start position.



### Slanted Riser Medicine Ball toss

#### Start position:

- Lie on a slanted riser with your head resting at the top and holding a medicine ball at your chest.

#### Transition phase:

- Drive upwards with your arms, releasing the medicine ball at the top of the movement.

#### End position:

- As you release the ball, keep your hands in position ready to receive the ball back and repeat the next repetition.

#### Teaching Points:

- Keep the core muscles activated as your throw the ball upwards as this will help your develop maximum power. Try to throw the ball vertically upwards – it makes it easier to catch again!

#### Visualisation Cues:

- Imagine the ball has suddenly become very hot and you need to get rid of it as quickly as possible!



### Slanted Riser Prone Shoulder Press

#### Start position:

- Lie on your front on a slanted riser with your head and shoulders clear of the top end. Hold a pair of (light) dumb bells in your hands in the shoulder press position.

#### Transition phase:

- Press the weights forwards as though you were doing a conventional shoulder press, only facing down.

#### End position:

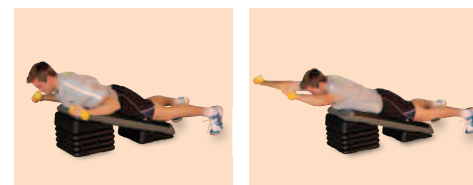
- Straighten your arms fully then return them to the start position.

#### Teaching Points:

- Try to avoid your arms dropping down as you press them forwards. Tuck your elbows back in as your return to the start position. Keep your head facing down throughout the movement.

#### Visualisation Cues:

- Imagine the weights are being lifted upwards by a piece of string as you press them forwards.



### Twist Press Ups

#### Start position:

- Assume the press up position with each hand holding a grip in parallel position.

#### Transition phase:

- Lower your body to the ground, twisting your hands around to a pronated position as you go.

#### End position:

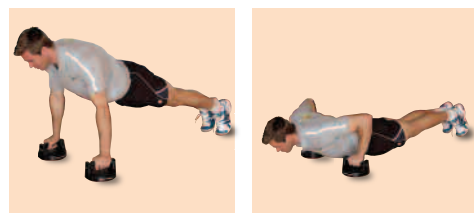
- Pause at the bottom position for a half a second then return to the start position, twisting the grips back to parallel.

#### Teaching Points:

- Maintain alignment through the body throughout the movement. Keep the abdominals drawn in to avoid the hips from dropping and pinch your shoulder blades back as you lower down.

#### Visualisation Cues:

- Imagine pieces of string pulling your heels backwards and the top of your head forwards to maintain alignment.



### A Pair Of Dumbbells Pressed Up

#### Start position:

- Sit on top of the risers with legs outstretched, holding a resistance band that has been wrapped around the base of the risers.

#### Transition phase:

- Press your arms upwards.

#### End position:

- Fully extend your arms and pause at the top of the movement before returning to the start position.

#### Teaching Points:

- Avoid allowing your body to move around as you press your arms up overhead. Activate your abdominals to create stability through the trunk.

#### Visualisation Cues:

- Imagine being lifted upwards from the top of your head and your arms floating up as you press.



### Rotational Kettlebell Chest Press

#### Start position:

- Lie on your back with a kettlebell in your right hand, down at your shoulder. Bend your right knee with foot flat on the ground.

#### Transition phase:

- Drive the kettlebell upwards into a chest press whilst rolling onto your left elbow.

#### End position:

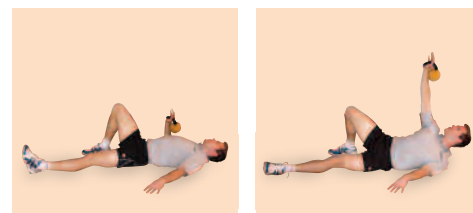
- Pause at the top of the movement with your arm fully extended and restabilise before returning to the start position.

#### Teaching Points:

- Drive the weight up powerfully and roll slightly to the side as it reaches the top.

#### Visualisation Cues:

- Imagine trying to get the weights as high into the air as possible, as quickly as possible.



**George Anderson** - George is a personal trainer and senior lecturer with Drummond Education. His specialist area is advanced resistance training, where equipment such as the Powerbag, Tornado ball and medicine ball features heavily. Entering the fitness industry 8 years ago, George has continually sought new training methods and ideas, and is a firm believer in training the body as a system in a functional manner. Running a successful personal training company from Fitness First in Reading for almost 6 years, George was also the Health and Fitness Manager of the club for 2½ years and was nominated for a national award in 2005. George presented “The Hour of Power” kettlebell workshop and a Nordic walking session at this year’s FitPro Convention.