

This Free E-Book is brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Exercise The Right Way – The Vertical Chest Press

By Rick Mitchell

Exercise The Right Way – The Vertical Chest Press by Rick Mitchell

In this article we'll take a close look at the vertical chest press.

MUSCLES TARGETED: pectoralis major

STARTING POSITION

BACKWARD MOVEMENT

Allow the handles to slowly move backward until level with the chest.

FORWARD MOVEMENT

Bodybuilding Advice

to learn

more about the issues covered in this article.

Exercise the right way – the decline dumbbell bench press

By Rick Mitchell

Exercise the right way – the decline dumbbell bench press by Rick Mitchell

In this article we'll take a close look at the decline dumbbell bench press.

MUSCLES TARGETED: pectoralis major, anterior deltoids

Exercise The Right Way – The Vertical Chest Press

STARTING POSITION

EXERCISE TECHNIQUE

Richard Mitchell is the creator of the bodybuildingadvisor.com website that provides guidance and information to athletes at all levels of bodybuilding experience. Go to [Bodybuilding Exercises](#) to learn more about the issues covered in this article.



This Free E-Book has been brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Exercise The Right Way – The Vertical Chest Press

