



CHISELD  
Chest



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# 1

*ANTERIOR DELTOID, PECTORALIS MAJOR, TRICEPS*  
**Low Door Hook 2-Arm Incline Press**  
x20 Reps



## START

Attach the Door Hook to the low position on the door. Stand approximately 2-3 feet away from the door and grasp one Ripcords® handle in each hand and bring it to the inside of the upper arms and body with your back facing the door and one foot in front of the other in a split stance.



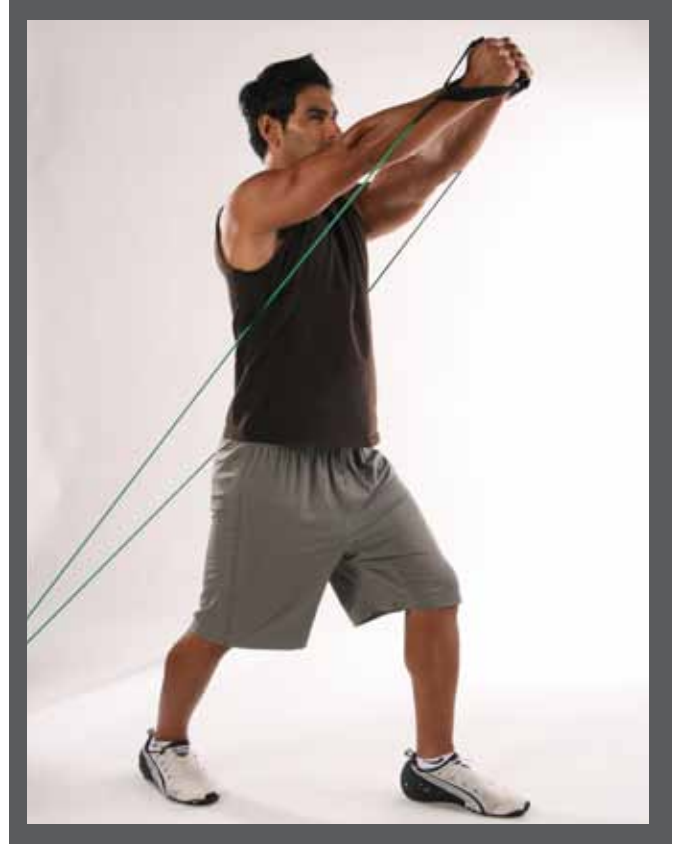
## FINISH

Slightly leaning forward, press both hands forward until the arms are extended and the handles meet in front of the body at head height. Keep the core muscles tight throughout the exercise. Return to starting position and repeat.

## 2

*ANTERIOR DELTOID, PECTORALIS MAJOR***Low Door Hook 2-Arm Incline Flies**  
x20 Reps**START**

Attach the Door Hook to the low-position on the door, and grasp one Ripcords handle in each hand. Keep both arms extended to the sides with a slight bend in the elbows and your back facing the door with one foot in front of the other in a split stance.

**FINISH**

Slightly leaning forward, bring both arms forward until the arms are extended and the handles meet in front of the body at head height. Keep the core muscles tight and the arms extended with a slight bend in the elbows throughout the exercise. Return to starting position and repeat.

## 3

*ANTERIOR DELTOID, PECTORALIS MAJOR, TRICEPS***Low Door Hook 2-Arm Pec Dec Flies**  
x15 Reps**START**

Attach the Door Hook to the low-position on the Door. Face the door and grasp one Ripcords® handle in each hand. Extend both arms down towards the ground with the palms facing forward and shoulder width apart.

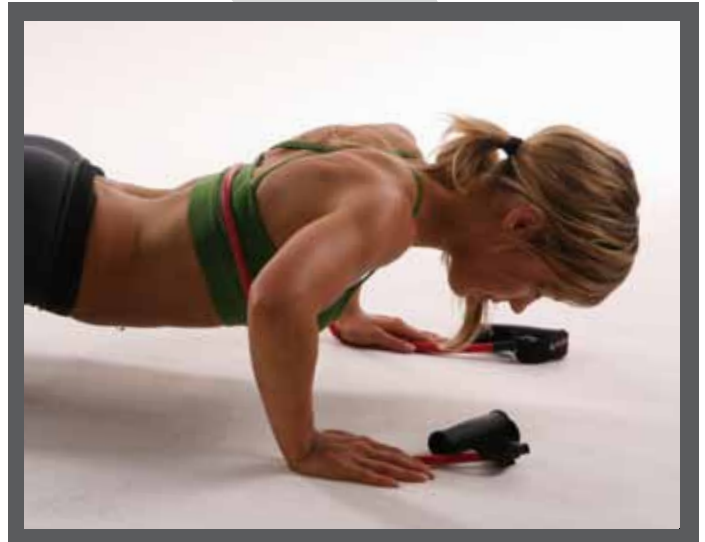
**FINISH**

Bring the arms upwards towards the centerline of the body. Focus on bringing the elbows and handles together at chest height. Return to starting position and repeat.

## 4

*ANTERIOR DELTOID, PECTORALIS MAJOR, TRICEPS***Band Resisted Pushups  
x10 Reps****START**

Place the Ripcords® around your mid back and grasp the rubber tubing in each hand and then place your hands on the ground in a pushup position. Ensure the tubing is secured and will not come loose. Extend your feet out behind you or bend your knees and place them on the floor. Extend your arms straight into the top position of a pushup.

**FINISH**

Bend your elbows out to the sides as you lower until your arms reach 90 Degrees or parallel to floor. Return to starting position and repeat. For greater resistance, grasp higher up on the rubber tubing.

## 5

*ANTERIOR DELTOID, PECTORALIS MAJOR, TRICEPS***High Door Hook 2-Arm Decline Press**  
x20 Reps**START**

Attach the Door Hook to the top-position on the Door. Grasp one Ripcords® handle in each hand and bring it to the inside of the upper arms and body with your back facing the door and one foot in front of the other in a split stance.

**FINISH**

Slightly leaning forward, press both hands forward until the arms are extended and the handles meet in front of the body at waist height. Keep the core muscles tight throughout the exercise. Return to starting position and repeat.

## 6

*ANTERIOR DELTOID, PECTORALIS MAJOR***High Door Hook 2-Arm Decline Flies  
x20 Reps****START**

Attach the Door Hook to the top-position on the door, and grasp one Ripcords handle in each hand. Keep both arms extended to the sides with a slight bend in the elbows and your back facing the door with one foot in front of the other.

**FINISH**

Slightly lean forward and bring both arms forward and down until the arms are extended and the handles meet in front of the body at waist height. Keep the core muscles tight and the arms extended with a slight bend in the elbows throughout the exercise. Return to starting position and repeat.



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*ANTERIOR DELTOID, PECTORALIS MAJOR*

## Standing on the Band 2-Arm Pec Dec Flies x15 Reps



### START

Stand on the Ripcords® with both feet shoulder width apart and grasp one Ripcords® handle in each hand. Extend both arms down towards the ground with the palms facing forward and shoulder width apart.



### FINISH

Bring the arms upwards towards the centerline of the body. Focus on bringing the elbows and handles together at chest height and squeezing the pectoral muscles together. Return to starting position and repeat.



## 8

*ANTERIOR DELTOID, PECTORALIS MAJOR, TRICEPS***Mid Door Hook Alternating Chest Press**  
x25 Reps**START**

Attach the Door Hook to the mid-position on the Door. Grasp one Ripcords® handle in each hand and bring it to the inside of the upper arms and body with your back facing the door and one foot in front of the other.

**FINISH**

Slightly leaning forward, press the left hand forward until it is extended in front of the body at chest height. As you return your left arm to the starting position, press your right hand forward until the arm is extended and in front of the body at chest height. Continue alternating each arm until the desired number of repetitions is completed. Ensure you keep the core muscles tight throughout the exercise.

## 9

*ANTERIOR DELTOID, PECTORALIS MAJOR***Mid Door Hook 1-Handle One-Arm Chest Flies  
x15 Reps****START**

Attach the Door Hook to the mid-position on the door. Grasp both Ripcords® handles in the right hand and bring it to the inside of the upper arm and body. Keep your right arm extended to the side with a slight bend in the elbow and your back facing the door with left foot in front of the right.

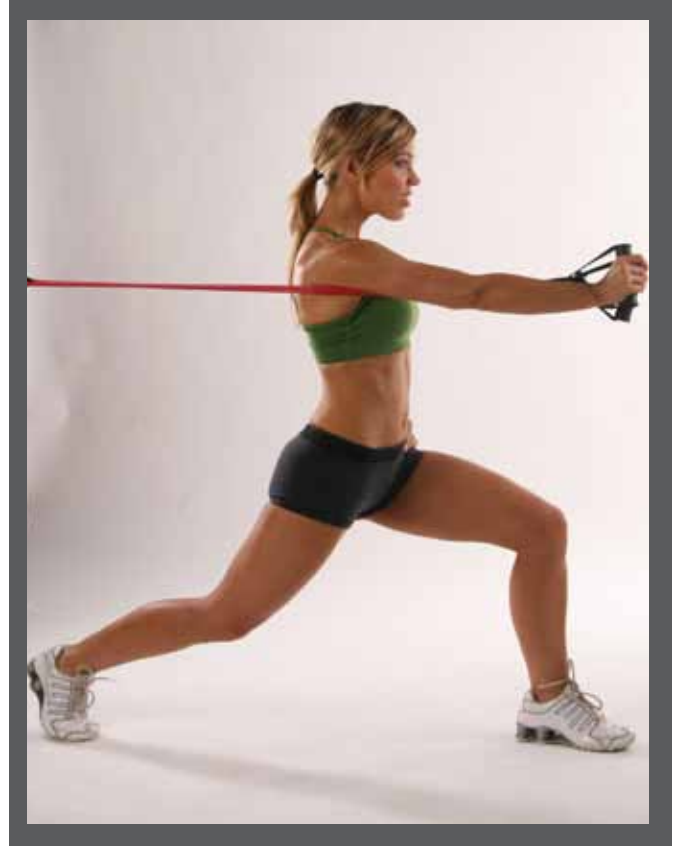
**FINISH**

Slightly leaning forward, bring the right arm forward until it is extended in front of the body at chest height. Keep the core muscles tight and the arm extended with a slight bend in the elbow throughout the exercise. When finished the set on your right side, return to starting position and repeat on left side.

## 10

*ANTERIOR DELTOID, PECTORALIS MAJOR, TRICEPS***Mid Door Hook 1-Handle One-Arm Chest Press**  
x15 Reps**START**

Attach the Door Hook to the mid-position on the Door. Grasp both Ripcords® handles in the right hand and bring it to the inside of the upper arm and body with your back facing the door and the left foot in front of the right.

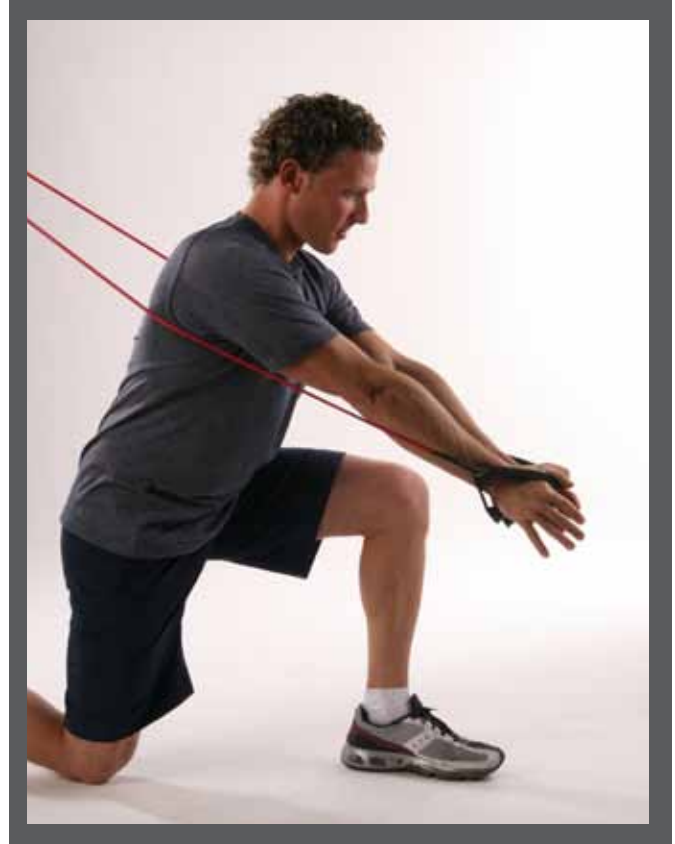
**FINISH**

Slightly leaning forward, press the right hand forward until it is extended in front of the body at chest height. Keep the core muscles tight throughout the exercise. When finished the set on your right side, return to starting position and repeat on left side.

## 11

*ANTERIOR DELTOID, PECTORALIS MAJOR***High Door Hook Kneeling Chest Flies**  
x20 Reps**START**

Attach the Door Hook to the high-position on the Door. With your back facing the door, kneel down on one knee approximately 2-3 feet away from the door, and grasp one Ripcords® handle in each hand. Bring the Ripcords® to the inside of the upper arms and keep both arms extended to the sides with a slight bend in the elbows and with your back facing the door.

**FINISH**

Press both hands down and forward until the arms are extended and the handles meet in front of the body at waist height. Keep the core muscles tight throughout the exercise. Return to starting position and repeat.

## 12

*ANTERIOR DELTOID, PECTORALIS MAJOR***Low Door Hook Lying on the Floor Chest Flies  
x15 Reps****START**

Attach the Door Hook to the low-position on the door. Begin by lying down on your back with your head towards the Door and the Door Hook. Grasp one Ripcords® handle in each hand and keep both arms extended to the sides with a slight bend in the elbows. Ensure your body is far enough from the door that there is enough tension throughout the exercise.

**FINISH**

Pull both arms in a downward motion until the arms are extended and the hands reach the legs at side of the body. Keep the core muscles tight and the arms extended with a slight bend in the elbows throughout the exercise. Return to starting position and repeat.



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