



How many field goal chest presses can you complete in 1 minute?

Equipment Needed:

- Timer
- Weights
- A chair if your performing this exercise in a seated position

Rules:

Standing Position:

- Step 1: Start in a standing position with your legs shoulder width apart and arms in a field goal position. Your elbows should be in line with your shoulders and your wrists in line with your elbows
- Step 2: Bring both arms up at the same time to the middle of your body, with your fists and weights in front of your face. Keep your elbows in line with your shoulders and your wrist in line with your elbows
- Step 3: Open both arms and go back to neutral position, step 1.

*Continue for entire duration of exercise.



Modifications:

Seated Position:

- Step 1: Start in a seated position with your legs shoulder width apart and arms in a field goal position with elbows in line with shoulders and wrists in line with elbows
- Step 2: Bring both arms at the same time to the middle of your body, with fists and weights in front of your face, keeping elbows in line with shoulders and wrist in line with elbow
- Step 3: open both arms and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Standing Position:



Seated Position:

