

## PEC DEC

START



MIDDLE



END



- Set the correct resistance on the machine and adjust seat and pads as required
- Sit with your back pressed into the back pad
- Place your forearms against the pec deck levers or hold the handles depending on the model you use
- Arms bent at 90°
- Upper arms parallel to the floor
- Elbows level with your lower chest
- Contract the chest to bring the pads together
- At the top of the movement squeeze your chest muscles together to get a full contraction, if you're not squeezing on each repetition you're going to fail to see the results you're after
- Once peak contraction is reached, slowly reverse the movement until upper arms are perpendicular to your body
- As you maintain a slight bend in your arms allow the pec deck to pull your arms back until you feel the stretch in your chest
- Repeat for the desired number of repetitions

## MUSCLES TARGETED

### PECTORALIS MAJOR, PECTORALIS MINOR AND SERRATUS ANTERIOR

- The Pectoralis Major attaches up near the collar bones and the bottom of the breastbone. In women, this muscle lies mostly underneath the fatty breast tissue. The Pec Dec primarily targets the lower region of the muscle, but the upper portion of the muscle does assist in the action.
- Pectoralis Minor is a thinner, flatter muscle that lies underneath the pec major. It provides assistance to your pec major during the Pec Dec by keeping your shoulders from shrugging upward.
- Serratus Anterior lies along the sides of your chest wall, right above the first eight ribs. A strong serratus anterior provides power to punching and swinging actions

### NOTE

*Although the Pec Dec is effective in training your chest, you'll develop the most muscle from performing two or three exercises per muscle group to stimulate the muscle fibers from different directions. To get the most out of your chest workouts, be sure to also include the bench press, incline chest press and press ups.*