

MEGAPEX^{PRO}TM

revolutionary upper body muscle sculpting system


MEGA WORKOUT GUIDE

Develop and Sculpt Your Upper Body • Strengthen Your Core Muscles

Are you ready for a rock-hard chest, bigger arms, broader shoulders and a steel-like core? From Beginner to Advanced you'll find complete, step-by-step instructions, demonstrating how to use your MegaPex ProTM to perform each of these result producing exercises. If you'd like to see a video demonstration of any of the exercises visit us online.

www.megapex.com

BEGINNER
REGULAR PRESS UP




START **FINISH**

Target Areas
 Primary : Chest, shoulders, triceps
 Secondary : Core, rotator cuff

Place your hands slightly wider than shoulder width apart. Lower yourself slowly (2-3 seconds) into the down position. Rotate the handles so that your palms face each other in the down position. Reverse the rotation as you return to the top.

BEGINNER
WIDE-GRIP PRESS UP




START **FINISH**

Target Areas
 Primary : Chest, shoulders
 Secondary : Triceps, core, rotator cuff

Place your hands 1.5 times shoulder width apart. Ensure your elbows point out to the side. Lower yourself slowly (2-3 seconds) into the down position. Push yourself back to the start position.

BEGINNER
CLOSE-GRIP PRESS UP




START **FINISH**

Target Areas
 Primary : Shoulders, triceps
 Secondary : Chest, core, rotator cuff

Start in the regular press up position, but with your hands placed close enough together so that the handles are an inch or so apart. Keep your elbows pointing backwards while you lower yourself slowly (2-3 seconds) into the down position. Push yourself back to the start position.

BEGINNER
REGULAR PRESS UP ON KNEES



START **FINISH**

Target Areas
 Primary : Chest, shoulders, triceps
 Secondary : Core, rotator cuff

Assume the regular press up position, but place your knees on the floor. Keep your feet off the floor while you lower yourself slowly (2-3 seconds) into the down position. Rotate the handles so that your palms face each other in the down position. Reverse the rotation as you return to the top.

BEGINNER
WIDE-GRIP PRESS UP ON KNEES




START **FINISH**

Target Areas
 Primary : Chest, shoulders
 Secondary : Triceps, core, rotator cuff

Place your hands 1.5 times shoulder width apart and your knees on the floor. Ensure your elbows point out to the side. Keep your feet off the floor while you lower yourself slowly (2-3 seconds) into the down position. Push yourself back to the start position.

BEGINNER
CLOSE-GRIP PRESS UP ON KNEES



START **FINISH**

Target Areas
 Primary : Shoulders, triceps
 Secondary : Chest, core, rotator cuff

Start in the regular press up position, but with your hands placed close enough together so that the handles are an inch or so apart. Place your knees on the floor. Keep your feet off the floor and your elbows pointing backwards as you lower yourself slowly (2-3 seconds) into the down position. Push yourself back to the start position.

CORE
REGULAR PRESS UP ON CHAIR



START **FINISH**

Target Areas
 Primary : Chest, shoulders
 Secondary : Triceps, core, rotator cuff

Use a stable chair on a non-slip surface. Set your hand position first, then place your feet onto the chair one at a time. Lower yourself slowly (2-3 seconds) into the down position while keeping your feet on the chair. Push yourself back to the start position.

CORE
WIDE-GRIP PRESS UP ON CHAIR



START **FINISH**

Target Areas
 Primary : Shoulders, chest
 Secondary : Triceps, core, rotator cuff

Use a stable chair on a non-slip surface. Place your hands 1.5 times shoulder width apart, then place your feet onto the chair one at a time. Lower yourself slowly (2-3 seconds) into the down position while keeping your feet on the chair and your elbows pointing out to the side. Push yourself back to the start position.

CORE
CLOSE-GRIP PRESS UP ON CHAIR



START **FINISH**

Target Areas
 Primary : Shoulders, triceps
 Secondary : Chest, core, rotator cuff

Use a stable chair on a non-slip surface. Place your hands close enough together so that the handles are an inch or so apart, then place your feet onto the chair one at a time. Lower yourself slowly (2-3 seconds) into the down position while keeping your feet on the chair and your elbows pointing backwards. Push yourself back to the start position.

Legal Disclaimer : The information contained in this workout guide, is intended to complement, not replace other forms of exercise or training routines. All types of exercise carry intrinsic risk. Before commencing any exercise routine, the editors and publisher of the Mega Workout Guide advise all readers to take complete responsibility for their safety and to recognise any limiting factors that may affect them. Before practising the exercise routines in this guide, please ensure that your equipment is properly maintained and serviced and that you do not take any risks beyond your current level of experience, training and fitness. The exercise programs in this guide are not intended as a substitute for any exercise program that may have been prescribed by your doctor. As with all exercise programs, please ensure doctor approval before commencement.