

# Treasure Chest

**A Well Developed Chest Is Always in Style:** By Ken Hunt

Ever since King Kong pounded on his chest, we've regarded big pecs as a sign of power. Here are five exercises to help build your chest.

**Cable Crossover** This exercise increases your results, since it continuously stresses your muscles. Bring your arms together in a slow and controlled fashion. At the peak, really flex your pec together for a one-count.

**Bench Press** Lie face up and grasp the bar over handed. Lower it to your upper chest and press up until your arms are fully extended.

**Dips** Dips seem to have vanished from the workout scene, even though they're more effective for the chest than push-ups. With your knees bent and legs crossed, slowly lower your torso to where your chest nearly touches the front of the bar, then return to the start position. Repeat until failure.

**Dumbbell flies** This is one of the few isolation exercises for the chest. Lie face up with dumbbells above your chest and arms extended. Slowly lower the weights to just above your chest and return to the starting position.

**Dumbbell Bench** Position dumbbells to the sides of your chest with a bent arm under each weight. Press the dumbbells up until your arms are extended. Lower them to the sides of your upper torso until you feel a slight stretch in your chest or shoulder.

*Ken Hunt is an AFI-certified trainer and the owner of Steel Gym in Chelsea.*

Steel Gym has been named one of the top 5 gyms in the USA. By **Muscle and Fitness Magazine** and has earned the ranking as the Number 1 gym in New York City by the American Fitness Institute for "cost, cleanliness, equipment and service." Famed bodybuilder Victor Martinez, has called Steel Gym the "last real gym left in New York City."

Ken Hunt has been featured in the New York Times, Muscle and Fitness Magazine, Men's Fitness, Time Out NY, GENRE, HX, Stonewall News, Diversity Rules, Ethan Says, EXIT South Africa and on Sirius OUTQ Radio and Feast of Fools.

The gym is located at 146 W. 23rd St, New York, NY. For more information on Steel Gym, please call 212.352.9876.

