

Seated Machine Chest Press

Supported seated press with horizontal overhand grips

Key positions



1. Start: handles near mid-chest



2. Press: extend with back and hips supported

Muscles worked

Main muscles

- Pectoralis major: the main chest muscle used in the forward press.

Supporting muscles

- Triceps brachii: extend the elbows.
- Anterior deltoids: assist the upper arms moving forward.
- Abdominal, back and forearm muscles help stabilize posture and grip alongside the backrest support.

What makes it useful

A supported seated multi-joint press using the chest, shoulders and arms. Fit the seat and start position to your body, then control the load through the machine's intended path.

Movement & technique

Seated Machine Chest Press | Keep your back and hips supported. Press smoothly, then return slowly.

Before you start

Follow the machine placard and choose a light load. Secure the selector pin and adjustment locks with the load resting. Identify the model's start setting and safe exit procedure.

1 Fit the seat and start position

Adjust the seat/backrest so handles are around mid-chest. Set a comfortable start near the front of the chest without forcing the shoulders far backward. Plant both feet securely on the floor.

2 Support the body and grip

Keep hips, back and shoulder-blade region supported with a natural low-back curve. Use closed overhand grips on the horizontal handles with thumbs wrapped. Align wrists with forearms and keep elbows comfortably bent.

3 Press forward smoothly

Exhale and press both handles forward smoothly. Keep back and hips supported without shrugging. Extend elbows comfortably without snapping into lockout or hyperextension.

4 Return to the same start

Inhale and slowly bend the elbows back to the same comfortable start. Maintain grip and foot support without large shoulder or trunk shifts. Do not drop or slam the stack.

Form reminders

- Maintain mid-chest handle height and a comfortable shoulder start.
- Keep wrists aligned with forearms and retain the same closed grip.
- Keep a natural spinal curve without excessive arching or hip lift.
- Use a controlled model-appropriate range rather than a fixed universal elbow angle or deepest stretch.

Finish safely

- Return the load to its designed rest using the model's procedure before exiting. Never adjust pins or moving parts under suspended load.
- Stop for shoulder, elbow, wrist or back pain or dizziness. Reduce load if support or grip cannot stay controlled.

References

1. [Cybex12001 - Chest Press Owner Manual](http://kb.cybexintl.com) (kb.cybexintl.com)
2. [ACE - Seated Chest Press](http://www.acefitness.org) (www.acefitness.org)
3. [Cybex MG-525 - Chest Press](http://kb.cybexintl.com) (kb.cybexintl.com)
4. [ScottHermanFitness - Chest Press \(movement reference\)](http://www.youtube.com) (www.youtube.com)