

# Build a Bigger, Stronger Chest

Do Phase 1 for 4 weeks, working your chest twice a week with two separate routines (Day 1 and Day 2). (Do the exercises shown here as the chest portion of your upper- or total-body routine.) Rest at least 2 days between workouts. Complete Phase 2 workouts in the next 4 weeks.

## Phase 1: Weeks 1-4 Day 1

### Dumbbell Single-Arm Bench



Lie on your back on a bench with a heavy dumbbell in one hand along the side of your chest, palm facing in. Hold your opposite arm straight out to the side for balance. Push the weight up so your arm is straight above your chest. Pause, then slowly lower the weight to the starting position.

*The plan:* Do five to seven repetitions with each hand. Complete four sets, resting 2 minutes after each set

### Dumbbell Incline Bench Press



Lie faceup on an incline bench and hold a pair of heavy dumbbells along the outsides of your chest with a neutral grip (palms facing in). Slowly press the weights straight above your chest. Pause, then lower them to the starting position.

*The plan:* Perform six to eight repetitions. Do three sets and rest 2 minutes after each set.

### Dumbbell Incline Fly



Lie on an incline bench and hold a pair of dumbbells over your chest with your arms straight, palms facing forward. Keeping your palms forward, slowly sweep your arms down and out to your sides in an arc until the weights are level with your chest.

Pause, then reverse the motion until the weights are once again above you.

*The plan:* Perform this exercise as a superset with the next move. That is, do eight to 12 repetitions of the dumbbell incline fly, then immediately move to the parallel-bar dip.

### Parallel-Bar Dip



Grab parallel dip bars and lift yourself so your arms are straight. Keeping your elbows tucked close to your body, slowly lower yourself by bending your elbows until your upper arms are parallel to the floor.

Pause, then push yourself up to the starting position.

*The plan:* Do as many reps as you can, then rest for 3 minutes and repeat the superset one time, performing a total of two sets of each exercise.

## Day 2

### Suspended Pushup



If your gym has Blast Straps or chains, try this pushup variation. Otherwise, do the weighted pushup below. Loop the straps

or chains around the bar so the handles hang a few inches off the floor.

Now assume the standard pushup position with your hands grasping the handles, so only your feet touch the floor. Bend at the elbows to lower your body until your upper arms are parallel to the floor, then push yourself up.

*The plan:* Do as many pushups as you can, then rest for 90 seconds. Do a total of three sets

## Side-Lying Single-Arm External Rotation



Lie on your left side with your left arm bent and your head resting on your left hand. Holding a light dumbbell in your right hand, bend your right arm 90 degrees and tuck your upper arm against your right side. Let the weight hang in front of your midsection. Keeping your upper arm stationary, slowly rotate your forearm until it points toward the ceiling. Then rotate your forearm back to the starting position.

*The plan:* Perform 12 to 15 repetitions, then rest for 1 minute. Do two sets.

## Phase 2: Weeks 5–8 Day 1

### Barbell Bench Press



Lie on a bench with your feet flat on the floor. Grab the bar with your hands slightly more than shoulder-width apart, and hold the weight over your chest. Pull your shoulder blades back and together, then lower the bar to your chest. (Tuck your elbows in at 45 degrees; don't let them flare out to the sides.) Pause, then push the weight back up.

*The plan:* Do five sets of four repetitions using 80 percent of your one-rep max (1RM). In week 6, do six sets of three reps with 85 percent of your 1RM. In week 7, do five sets of two reps with 90 percent of your 1RM. In week 8, repeat the test described on the front of the poster, then do four sets of one repetition with approximately 90 percent of your new 1RM.

## Day 2

### Weighted Pushup



Assume the standard pushup position, with your hands beneath your shoulders. Ask your workout partner to place a weight plate on your back, between your shoulder blades. Keeping your body straight, lower yourself by bending your elbows until your chest touches the floor. Pause, then push yourself back up.

*The plan:* Perform this exercise as a superset with the next move: Do eight to 12 repetitions, then immediately move on to the cable lying fly.

### Cable Lying Fly



reverse the motion to return to the starting position.

*The plan:* Do eight to 10 repetitions, rest 150 seconds, then repeat the superset (pushup and cable lying fly) two times for a total of three sets.

### Seated Single-Arm External Rotation



Sit on the floor with your left knee bent and your right leg flat on the floor. Hold a light dumbbell in your left hand and rest your left elbow on your left knee. Bend your left arm 90 degrees and allow the weight to hang down over your right leg. Keeping your elbow in place, slowly rotate your left arm upward. Pause when your forearm

points to the ceiling, then reverse the motion until the weight is again hanging over your right leg.  
*The plan:* Do 10 to 12 repetitions with each hand, then rest 60 seconds. Repeat one time, for a total of two sets.