



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



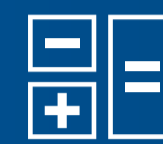
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10 WEEK CHEST SIZE & BENCH PRESS STRENGTH WORKOUT

This ten week training cycle is designed to not only boost your barbell bench press prowess but also pack on slabs of muscle mass to your upper and lower chest.

Link to Workout: <https://www.muscleandstrength.com/workouts/chest-size-bench-press-strength-workout>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 10 Weeks

Days Per Week: 1 Day

Time Per Workout: 60-90 Mins

Equipment: Barbell, Dumbbells, Machines

Author: Steve Shaw

10 Week Cycle

Exercise	Sets	Reps
Bench Press	See Notes	
Close Grip Bench Press or Dumbbell Bench Press	3	8 - 12
Incline Dumbbell Bench Press or Incline Bench Press	3	8 - 12
Dumbbell Flys or Pec Dec	3 - 5	10 - 15
Skullcrushers	3 - 5	8 - 12
Cable Tricep Extensions	3 - 5	10 - 12

Please see the [article](#) for information on Bench Press 10 week rep cycle.

