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4 WEEK PLATEAU BUSTING CHEST WORKOUT

The 4 week chest routine is designed to blast your chest with a variety of advanced intensity techniques to push you through that plateau.

Link to Workout: <https://www.muscleandstrength.com/workouts/28-plateau-busting-chest-workout.html>

Main Goal: Build Muscle
Training Level: Advanced
Program Duration: 4 Weeks
Days Per Week: 1 Day

Time Per Workout: 30-45 Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells, Exercise Ball
Author: Team Muscle & Strength

Week 1

Exercise	Sets	Reps
Swiss Ball Dumbbell Press	4	10
Superset		
Incline Bench Press	4	8
Push Ups	4	Max (Slow Rep Timing)
Chest Dips	4	Max
Cable Crossovers	4	15

Swiss Ball Dumbbell Press: Alternate arms & use 3 - 1 - 3 rep timing. Focus on squeezing the muscle at the top of the movement & keeping the tension on the muscle through the entire set. Cable Crossovers: Ultra slow & controlled; huge squeeze in the middle.

Week 2

Exercise	Sets	Reps
Chest Dips (Weighted, if Possible)	4	12, 10, 8, 8
Superset		
Bench Press (Heavy)	4	8
Dumbbell Fly (Slow)	4	12
Superset		
Bench Cable Flys	4	12
Push Ups	4	Max

Chest Dips: Slow movement. Lean forward to emphasize pecs.

Week 3

Exercise	Sets	Reps
Incline Dumbbell Bench Press	4	10
Barbell Bench Press	4	8 - 10
Incline Dumbbell Flys	3	12
Cable Crossovers	3	12

Week 4

Exercise	Sets	Reps
Dumbbell Bench Press (Drop Set)	4	Max
Bench Press	4	12
Cable Crossovers (Drop Set)	4	Max

Dumbbell Bench Press: Start w/ a weight that you can press for just 10 reps. Drop down 4x. Bench Press: Slow reps w/ a lighter weight; 4 - 1 - 4 rep timing. Cable Crossovers: Start w/ a weight that you can press for just 10 reps. Drop 4x.