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8 WEEK WORKOUT TO CREATE A SUPERHUMAN CHEST

Build pecs that pop with this 8 week workout designed to help you build a superhuman chest. The program contains 2 different workouts that you alternate.

Link to Workout: <https://www.muscleandstrength.com/workouts/8-week-program-to-create-a-superhuman-chest>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 weeks

Days Per Week: 1

Time Per Workout: 45-60 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines, Other

Target Gender: Male & Female

Author: [Roger "Rock" Lockridge](#)

Chest Workout A (Weeks 1, 3, 5, 7)

Exercise	Sets	Reps
Incline Bench Press	6	3 - 5
Low Incline Dumbbell Fly	3	6 - 8
Weighted Dip	3	8 - 10
Flat Bench Cable Fly	3	10 - 12

*Rest for 60 seconds between sets.

Chest Workout B (Weeks 2, 4, 6, 8)

Exercise	Sets	Reps
Incline Dumbbell Press	6	5
Flat Dumbbell Fly	3	6 - 8
Decline Dumbbell Bench Press	3	10 - 12
Pushups	2	Failure

*Rest for 60 seconds between sets.

