



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



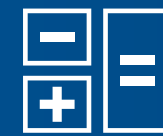
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BEGINNER CHEST WORKOUT

Chest workout designed for beginners to bodybuilding. This workout hits the chest with 3 exercises for a total of 7 sets. Workout should be performed once per week.

Link to Workout: <https://www.muscleandstrength.com/workouts/35-beginner-chest-workout.html>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 1 Day

Time Per Workout: 15-30 Mins

Equipment: Dumbbells,
Machines

Author: Doug Lawrenson

Weekly Workout Routine

Exercise	Sets	Reps
Smith Machine Incline Press	3	15, 12, 10
Dumbbell Flat Press	2	10
Flat Bench Dumbbell Flys	2	10