



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



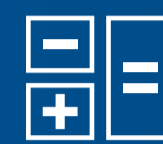
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## BEST CHEST WORKOUT: THE PUSH & STRETCH METHOD FOR KILLER CHEST GAINS

Designed to work your chest thoroughly and intensely, the Push & Stretch Method is a killer chest workout routine that will help you effectively develop a solid chest!

Link to Workout: <https://www.muscleandstrength.com/workouts/best-chest-workout-push-stretch-method>

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 8 Weeks

**Days Per Week:** 1 Day

**Time Per Workout:** 45-60 Mins

**Equipment:** Barbell, Bodyweight, Cables, Dumbbells

**Author:** Roger "Rock" Lockridge

### The Stretch & Push Workout

Exercise	Sets	Reps	Rest
<a href="#">Incline Dumbbell Fly</a>	3	8 - 10	90 Secs
<a href="#">Incline Barbell Bench Press</a>	3	8 - 10	90 Secs
<a href="#">Flat Cable Fly</a>	3	10 - 12	90 Secs
<a href="#">Flat Dumbbell Bench Press</a>	3	10 - 12	90 Secs
<a href="#">Cable Crossover</a>	3	12	60 Secs
<a href="#">Chest Dip</a>	2	AMRAP	60 Secs

AMRAP: As Many Reps As Possible