



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



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Workouts



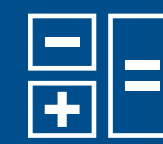
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## BUILD YOUR LAGGING CHEST WITH THE 1/4 REP PUMP OUT METHOD

Build a better chest with Coach Myers' 1/4 rep methods. With several techniques that utilize the method, your chest will have no choice but to grow!

Link to Workout: <https://www.muscleandstrength.com/workouts/quarter-rep-method>

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 6 Weeks

**Days Per Week:** 1 Day

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

**Equipment:** Barbell, Bodyweight, Dumbbells

**Author:** Coach Dustin Myers

### The 1/4 Rep Chest Workout

Exercise	Sets	Reps
<a href="#">Dumbbell Bench Press</a>	5	10, 5, 5, 5*, 3*
Incline Dumbbell Iso Press	4	5 w/ Iso 1/4 Rep
<a href="#">Close Grip Bench Press</a>	3	3 w/ Misdirection 1/4 reps
<a href="#">Dips</a>	2	Max Reps**
<a href="#">Push Ups</a>	2	Max Reps***

\* Perform 1/4 rep method at the bottom of each rep for the last 2 sets.

\*\* \*\* Perform 1/4 rep method at the bottom of each rep for the last set.

\*\*\* Perform 1/4 rep ladder method for first set and 1/4 rep time ladder method for second.

