



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



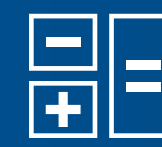
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CHISELED CHEST WORKOUT: 6 ROUTINES FOR MUSCLE GROWTH

Struggling to get your chest to “pop”, or just wanting to fill out your tank top a bit more? Add these exercises to your workout arsenal and watch your chest blow up.

Link to Workout: <https://www.muscleanstrength.com/workouts/chiseled-chest-workout-6-routines-for-growth>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 1 Day

Time Per Workout: 10-20 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells

Target Gender: Male & Female

Author: Roger “Rock” Lockridge

Beginner Level Chest Workout

Exercise	Sets	Reps	Rest
Incline Barbell Press	3	12, 12, 12	90s
Push Ups with Feet Elevated	3	12, 12, 12	60s
Flat Dumbbell Flys	3	12, 12, 12	60s

Dumbbell Only/Home Gym Chest Workout

Exercise	Sets	Reps	Rest
Incline Dumbbell Bench Press	3	10, 10, 10	60s
Incline Dumbbell Flys	3	12, 12, 12	60s

Dumbbell Only/Home Gym Chest Triset Workout

Exercise	Sets	Reps	Rest
A1: Incline Dumbbell Flys	3	10, 10, 10	None
A2: Incline Dumbbell Bench Press	3	10, 10, 10	None
A3: Push Ups with Feet Elevated	3	10, 10, 10	60s

Intermediate Level Chest Workout

Exercise	Sets	Reps	Rest
Incline Barbell Press	4	12, 10, 8, 6	60s
Low Incline Dumbbell Flys	3	12, 10, 8	60s
Low Cable Flys	3	12, 12, 12	60s
Weighted Chest Dip	3	12, 12, 12	60s

Advanced Level Chest Workout

Exercise	Sets	Reps	Rest
Low Incline Barbell Press	3	5, 5, 5	90s
Incline Single Arm Dumbbell Press	3	10, 10, 10	60s
Seated Chest Press Machine	3	12, 12, 12	60s
Incline Cable Flys	3	12, 10, 10/10*	60s

*Drop Set

Second Upper Chest Superset Workout

Exercise	Sets	Reps	Rest
A1: Incline Smith Machine Chest Press	3	10, 10, 10	None
A2: Low Incline Dumbbell Flys	3	12, 12, 12	45s