



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



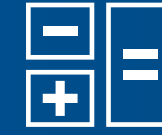
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EVERY ANGLE CHEST WORKOUT BY MUSCLEPHARM

Take your chest development to a new level. This workout from MusclePharm will have you hitting your pecs using flat bench, inclines, declines, supersets & tri-sets.

Link to Workout: <https://www.muscleandstrength.com/workouts/every-angle-chest-workout>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 1 Day

Time Per Workout: 60-75 Mins

Equipment: Barbell, Cables, Dumbbells, Machines

Author: Cory Gregory

Every Angle Chest Workout

Exercise	Sets	Reps
Incline Barbell Bench Press *	7	3
Superset		
Bench Press	5	20, 15, 10, 5, 5
Dumbbell Fly	5	12
Superset		
Machine / Hammer Strength Chest Press	4	20, 15, 10, 5
Triset		
Decline Bench Press	5	20, 15, 10, 5, 5
Decline Dumbbell Fly	5	12
Dumbbell Pullover	5	20, 15, 10, 5, 5
Superset		
Back Extension	4	40
Cable Crossover	4	15 - 20

*Press a 3 rep max.

