



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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HIGH INTENSITY CHEST BLASTER

Blast your chest with this fast-paced, high intensity pec workout that features heavy rest-pause sets, and slow isolation movements.

Link to Workout: <https://www.muscleandstrength.com/workouts/high-intensity-chest-blaster.html>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 1 Day

Time Per Workout: 45-60 Mins

Equipment: Barbell, Cables, Dumbbells, Machines

Author: Max Riley

High Intensity Chest Blaster

Exercise	Sets	Reps
Bench Press	5	Rest Pause 45 Secs
Pec Dec	2 -3	Slow 4 - 6 Cadence
Incline Dumbbell Bench Press	5	Rest Pause 45 Secs
Cable Crossovers	2 - 3	Slow 4 - 6 Cadence