



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



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Workouts



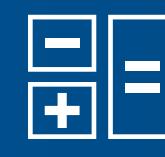
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## PEC-POUNDER: 8 WEEK CHEST WORKOUT TO SHATTER YOUR PLATEAU

Tired of hitting bench press every Monday and not seeing the results you want? Alternate these workouts into your routine to grow your chest into the colossal chest you've been chasing after.

Link to Workout: <https://www.muscleandstrength.com/workouts/8-week-pec-pounder>

**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

**Target Gender:** Male

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### The Hybrid PRRS™ Method

Exercise	Tempo	Sets	Reps
<a href="#">Flat DB Press</a>	6/1/X	3	4 - 6
Superset:			
A1. <a href="#">Incline DB Fly</a>	2/1/1	3	10 - 12
A2. <a href="#">Weighted Dips</a>	2/1/1	3	7 - 9
<a href="#">Incline Smith Press</a>	2/0/1	3	16 - 20, 13 - 15, 10 - 12

\*Rest for one minute between supersets

### The High/Low Rep Method

Exercise	Tempo	Sets	Reps
<a href="#">Leverage Chest Press</a>	2/0/1	3	16 - 20
<a href="#">BB Incline Press</a>	4/1/X	3	6 - 8
<a href="#">Low Cable Crossover</a>	2/1/1	3	16 - 20
<a href="#">Weighted Dips</a>	4/0/X	3	6 - 8

### The SPEC™ Method

Exercise	Tempo	Sets	Reps
<a href="#">Incline DB Fly</a>	2/4/1	3	7 - 9
<a href="#">Cable Crossover</a>	2/4/1	3	7 - 9
<a href="#">Bench Press</a>	4/1/1	3	7 - 9
<a href="#">Hammer Machine Incline Press</a>	2/4/1	3	7 - 9

### The SHOCK Method

Exercise	Tempo	Sets	Reps
Superset:			
A1. <a href="#">Bench Press</a>	3/0/X	2	7 - 9
A2. <a href="#">Flat DB Fly</a>	2/2/1	2	7 - 9
<a href="#">Hammer Machine Incline Press</a>	3/1/1	2	7 - 9, 4 - 6*
Superset:			
B1. <a href="#">Incline DB Fly</a>	3/1/1	2	7 - 9
B2. <a href="#">Decline DB Press</a>	2/1/X	2	7 - 9
<a href="#">Weighted Dips</a>	3/1/2	2	7 - 9, 4 - 6*

\*Dropset

\*\*Rest for one minute between supersets