



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



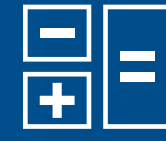
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THE PEC PUMPER: WORKOUT TO BLOW UP YOUR CHEST

Looking for a chest workout routine that will make your pecs pop? Look no further, as the Pec Pumper workout is sure to blow your chest up this Monday!

Link to Workout: <https://www.muscleandstrength.com/workouts/the-pec-pumper-chest-workout>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 1 Day

Time Per Workout: 45-60 Mins

Equipment: Barbell, Bodyweight, Dumbbells, Machines

Author: Roger "Rock" Lockridge

The Pec Pumper Chest Workout

Exercise	Sets	Reps
1. Stretch Push Up on Risers	3	10
2. Incline Bench Press	5	12, 10, 8, 6, 4/2
3. Dumbbell Bench Press	3	12, 10, 8/8
4. Low Incline Fly	3	10, 15, 20
5. Hammer Strength Machine Bench Press	3	20, 20, Failure
Perform final set of incline bench press and dumbbell bench press as drop sets		

