



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



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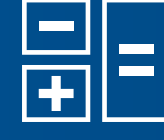
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## PUMP-TACULAR PECS: 3 WEEK WORKOUT TO PUMP UP YOUR CHEST

Pump up your pecs with the Pump-tacular Pec Workout. This 3 week advanced chest workout utilizes a mix of methods to ignite chest growth. Try it out!

Link to Workout: <https://www.muscleandstrength.com/workouts/3-week-pump-tacular-pecs-workout>

**Main Goal:** Build Muscle

**Training Level:** Advanced

**Program Duration:** 3 Weeks

**Days Per Week:** 1 Day

**Time Per Workout:** 45 - 70 Mins

**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, Machines

**Target Gender:** Male

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### Week 1: The SPEC (Stretch/Peak Contraction/Eccentric/Concentric Emphasis) Method

Exercise	Tempo	Sets	Reps
<a href="#">Dumbbell Fly</a>	2 / 4 / 1	3	6 - 8
<a href="#">Cable Crossover</a>	2 / 0 / 1 / 4	2	8 - 10
<a href="#">Incline Bench Press</a>	5 / 0 / X	3	4 - 6
<a href="#">Seated Chest Press Machine</a>	2 / 0 / 4	3	6 - 8

### Week 2: The FTX2(Fast Twitch Exponential) Method

Exercise	Tempo	Sets	Reps
<a href="#">Cable Crossover</a>	2 / 0 / 1	2	21 - 25
<a href="#">Bench Press</a>	5 / 1 / X	3	4 - 6
<a href="#">Smith Machine Incline Bench Press</a>	3 / 1 / 1	2	10 - 12
<a href="#">Incline Cable Fly</a>	2 / 0 / 1 / 1	3	10 - 12

### Week 3: The PRRS (Hybrid) Method

Exercise	Tempo	Sets	Reps
<a href="#">Bench Press</a>	5 / 1 / X	3	4 - 6
<a href="#">Incline Dumbbell Bench Press</a>	3 / 0 / 1	3	13 - 15 , 10 - 12 , 7 - 9
A1. <a href="#">Incline Dumbbell Fly</a>	3 / 1 / 1	3	7 - 9
A2. <a href="#">Bodyweight Dip</a>	2 / 0 / 1	3	Max