



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



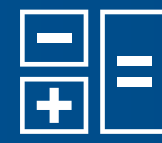
Diet Plans



Expert Guides



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Tools

RUN THE RACK CHEST WORKOUT

Build your chest using this intense workout that focuses on working from light to heavy to light dumbbells. Can be inserted into virtually any split.

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

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 8 Weeks
Days Per Week: 1 Day

Time Per Workout: 20-30 Mins
Equipment: Barbell, Dumbbells, Machines
Author: Team Muscle & Strength

Chest Workout

Exercise	Sets	Reps
Dumbbell Bench Press - Run the Rack	See the article on how to “Run the Rack”.	
Machine Chest Press	3	8 - 12
Pec Dec	3	12 - 15