Chest

**Hardcore**

Duration 1.5-2 hours

Be in a gym.

Focus on form. Contact Eric for guidelines on muscle movements.

Pace yourself and take breaks.

Drink water throughout the workout.

Be Smart don’t let your ego get in the way of safety.

For Toning and Endurance: High rep low weight

For Size and Strength: Low rep high weight

\*\* Highly recommended

Run: 2 miles

Warm up:

Get on bench press, get a spotter if need be.

Assume Bar alone weighs 45lbs.

Bar only: 30 reps

65lbs: 20 reps

85lbs: 10 reps

100lbs: Max reps

Work back down to the bar.

Here are some basic chest exercises, feel free to manipulate the set count in any way or do them like I suggested. Make sure you do the \*\* workouts because of the particular area of the chest they target.

\*\*Dumbbell press 4 sets

Cable Crossovers: 5 sets

Dumbbell fly: 3 sets

\*\*Dips: 4 sets of 15-20 (Add weight by using lifting belt to attach dumbbell)

15 Diamond pushups, 15 Triceps pushups (X2)

Bench press 5 sets

\*\*Incline Dumbbell press 3 sets

Bench press at benching rack: 5 sets until failure with bodyweight loaded.

Smile for the mirrors and where that pump like its jewelry!

Dedicate 10 minutes after workout to stretching. See next page

Vital chest stretches

\*Dynamic chest stretch:

1. Stand with your hands together, arms extended directly in front of you. This will be your starting position.
2. Keeping your arms straight, quickly move your arms back as far as possible and back in again, similar to an exaggerated clapping motion. Repeat 5-10 times, increasing speed as you do so.

\*Chest out stretch:

Hold your hands together behind you back and straighten your arms as you push your chest forward:

\*Nameless chest stretch:

Stretch out your arm and grab a stationary object. Keeping your arm straight rotate your body in the opposite direction