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For most gym-goers, chest day is the undisputed favorite. In fact, it's so popular that Monday has earned the title of "International Chest Day". Why is chest day such a hit? Because the chest muscles tend to show noticeable progress faster than other muscle groups, making it incredibly satisfying to work on them. If you're ready to build a massive
chest, let's dive into the best workouts to help you achieve that goal. How often should you train your chest? To maximize growth and recovery, limit chest workouts to twice per week. Make sure to leave at least 72 hours between sessions, paired with proper rest and a solid diet to fuel your progress. How often should you work out your chest?
Maximum twice per week. The break between 2 chest workouts should be at least 72 hours with a good rest and diet. Here you can see my favorite chest workout split, exercises, and even the supplements that can help accelerate your results. If you are interested more in natural
supplementation you can read more about the best proven bodybuilding supplement that I'm using, D-bal here. 7 Best Chest Workouts 1. Bench press One of the most popular exercises at the gym. It's a very good workout that will help you lose man boobs and build your chest. (1) How to do it? Lift the bar with your shoulders width-apart. Be careful
and make sure you do the exercise right to affect the triceps, shoulders, and chest. I recommend 4 sets with 8 reps and 2 minutes break. 2. Incline bench press at the beginning of your workout, right after the regular bench press. They are similar
exercises, just the bench is lifted at 45 degrees for incline dumbbell bench press. Lift the bar and slowly put it down on your upper chest. You can try this with dumbbell bench press is one of the best exercises for lean muscles. 3. Dumbbell Flys This is an effective exercise to lose chest fat. Lie on the bench just like when you are doing the
bench press. Grab the dumbbells, lift them and straighten your arms with hands facing each other. Lower them in half-circular motions to chest height and then return to the starting position using your chest muscles. Be careful when you do this exercise and gradually increase the weight of the dumbbells as you progress. You can also try incline
dumbbell flys for your upper chest muscles. 4. Push-ups are the best bodyweight exercise you can do for your chest. There are plenty of variations like: T-push ups are even better. One of the best exercises
to lose man boobs. How to do T-push ups? First, position your body for a standard push up. Then, lower your body and when you start going back lift your arm and rotate your body towards the ceiling. Repeat with your other arm. The benefits of T-push ups are strong chest, arms, shoulders, and core. If you are a beginner, I recommend starting with
regular push-ups first. Diamond Push-Ups Start in a regular push-up or triceps push-ups or triceps push-ups or triceps push-ups are performed by forming a triangle on the floor with your thumb and index finger. PLYO Push-Ups Again, start in a regular push up position, get down and
when you push yourself back up your hands should leave the ground. You will strengthen your core muscles and you will be closer to losing moobs. Dive Bomber Push-up position and form an inverse V letter with your hips. This is your starting position. As you lower your legs keep them straight. Allow your
arms to bend as you push forward while your chest should almost touch the ground (like a dive bomber). Then return to the starting position. Repeat as many times as you can. 5. Cable pec fly The best chest workout for mass. You need a specially designed machine for this exercise engages a big group of muscles-your chest. You should
do 5 sets, 10 reps without a break. How to do this exercise? When you do this exercise make sure your elbows are bent and if it's easier, you can put one leg forward. My advice is to do cable pec fly with less weight until you coordinate your arms movement well. 6. Dips Another great exercise with your weight. One of the best strength workouts. It
builds your chest and triceps. Tip: Lean forward a bit to include your chest muscles more or keep your body straight to include your triceps more. The same goes for dips as for pull-ups, when you manage to do 10 reps easily, start doing dips with weights. 7. Dumbbell chest pullover Move the weights behind and in front of your head and do this
exercise at the beginning or end of your workout. Be extra careful to avoid hurting your head with the weights. How to Build an Insane Chest Muscles Faster? If you want to gain muscle mass faster you should combine the above-mentioned exercises with the best bodybuilding supplements. If you think I will show you a steroid that will build your body
overnight then you are wrong. I suggest taking only natural supplement to increase muscle mass (and keep that muscle) is definitely D-bal. This is my favorite supplement when it comes to bulking. D-bal is the best natural alternative to the steroid Dianabol (best for muscle mass). Thanks to the mix of powerful ingredients D-bal
increases nitrogen retention in your muscles. Nitrogen is essential for protein synthesis. D-bal is safe and effective. You can read more about D-bal and check the price here. Best Chest Workouts - Bottom Line: If you want to grow strong pecs you should try some of the best chest exercises like: Bench Press - classic and inline Dumbbell Fly Push-ups -
classic, diamond, T, dive bomber, PLYO, tempo Cable pec fly Dips Dumbbell chest pullover For faster results you can combine these workouts with the best natural muscle growth supplement D-Bal. Incline Push-ups - 3 sets of 6-12 reps "Incline push-ups target your lower chest muscles, particularly the pectoralis major, triceps, and anterior deltoids,"
Morgan explains, adding that they also benefit your abdominal muscles, glutes, quads, and obliques. As well as using them in this workout, you could deploy them as dynamic warm-ups before other sessions.1. Place your hands on a box or bench, walking your feet back until your spine forms a straight line at a 45-degree angle to the floor.2. Keep your
spine neutral as you bend arms at the elbow to bring chest down towards the box.3. Hold the position for a few moments, then press up to return to that start. The key: "If you're struggling, bring your feet a few steps closer to your hands," advises Morgan. Flat Bench Press - 3 sets of 8-12 reps "This one primarily works your pectoralis major and tricep
muscles, but also provides additional benefits to your anterior delts, traps, and back muscles," Morgan says.1. Start with the weight above chest level as you lay on the bench with knees bent and feet flat.2. Grab hold of the barbell with your palms facing the ground and your thumb wrapped around the bar, then push your arms straight to the ceiling
as you lift the barbell off the rack.3. Bend your elbows to a 45-degree angle, slowly lowering the weight to your chest in line with your nipples.4. Hold the position for a few moments, then repeat the process. The key: "Keep your back and hips flat to avoid applying unnecessary stress to your neck, back, or spine," says Morgan. Having a workout buddy
to assist you with this workout would be beneficial." Push-ups - 3 sets of 6-12 repsThe good old push-up should be a part of everyone's fitness arsenal, and with good reason: "While variations are beneficial, standard push-ups are still highly effective for developing upper body strength," Morgan explains. "They also activate your tricep, shoulder, and
pectoral muscles. With proper form, your core, lower back, and abdominal muscles will also feel the benefits."1. Start in a high plank position. Your hands should be slightly past shoulder width with straight legs, a neutral spine, and engaged hamstrings.2. Maintain a tight core as you bend your elbows at a 45-degree angle, lowering your chest to the
floor, keeping a straight line from head to toe.3. Go as low as you can without losing your stability.4. After holding the position for a few moments, push your chest away from the ground and straighten your elbows before you repeat the process. The key: "The alignment of your body should be linear throughout the workout to maintain proper form, but
if you find yourself struggling, you can perform the exercise using your knees as you work your way up," Morgan explains. Chest Dips - 3 sets of 6-12 repsA good all-rounder, chest dips primarily engage with your pectoralis major and minor muscles but also benefit your triceps, delts, lats, rhomboids, levator scapulae, and teres muscles. They're
integral if you're looking for how to get a bigger chest.1. Stand straight as you face and grasp the parallel bars with your hands as you lift your body off the ground.3. Bend your elbows as you aim to lower your chest to be level with your hands.4. Hold the
position for a few moments, then return to the start position and repeat the process. The key: Slow and steady prevents injury. Incline Bench Press - 3 sets of 8-12 reps "The incline bench press primarily works three muscles, your triceps, front delts, and pectoral muscles," explains Morgan. "Training programs regularly integrate incline bench presses
 because of their effectiveness in pectoral and upper arm development."1. Start by laying your back on the incline bench with your feet flat on the ground and position the bar above your collarbone.2. Grab the barbell by wrapping your arms so they face your feet as your thumbs grasp the bar and press your arms upward toward the sky to lift the
barbell off from the rack.3. Slowly lower the barbell to your chest and keep it centred as you bring it close, just above your nipples.4. Briefly hold the position, then repeat the process by lifting the bar. The key: "Don't forget to keep your back and feet flat when you lift, and if possible, get a workout buddy to join you so they can spot you," says
Morgan. If you want a physique that's muscular and chiseled yet proportioned, symmetrical and aesthetically pleasing, then building up your chest muscles, but there is a right way and a wrong way to do things. Internet has significantly reduced the quality of the
information on this subject, as everyone seems to be an expert. When it comes to the human body, nothing says strength and power quite like a pumped, muscular chest. But swollen, rock-hard pecs can be notoriously difficult to develop, particularly if you're one of those ectomorph types who have trouble putting on weight. No matter your body type
however, you can indeed build a sculpted, powerful chest with a well-designed chest workout protocol. Combine that with a diet optimized towards packing on muscle, and you'll soon have a T-shirt splitting chest that's the envy of everyone at your gym. Below you'll find several great exercise and nutrition tips you can use to help see you through to
your goal. But this is all talk, a talk that you probably heard it a thousand times before, so lets get started with these actual tips! RELATED: 20 Exercises To Build Huge Chest Muscles Fast There are some problems you want to have, like being irresistible to women or making more money than you know how to spend. For lifters, one of these is not
being able to find shirts that fit. Having an upper body that's so broad that no tee can contain it is a satisfying confirmation that you're making progress in your workouts—and that y
problem and creating another. On the one hand, you'll never have to worry about your physique not showing through your clothes again. On the other, every shirt you try on will be skintight. But you don't mind, do you? How it works To build up your chest you'll prioritize it by performing three different workouts per week. You can fit your other
training in the same sessions, but do it after your chest work or on separate days (and go easy on shoulder work—you'll target them plenty just by focusing on your chest). Each workout will work to hit different muscle fibers, which leads to complete pec growth and development: Speed bench presses, done with light weight for maximum velocity,
target your most explosive muscle fibers and will also help you lift more weight, as you'll earn to push past sticking points. Apart from speed work, you'll earn to push past sticking points that keep the muscles under tension for a while, inducing exhaustion that results in extensive muscle growth. Finally, you'll emphasize the eccentric (read: lowering) portion of
your reps on a flye movement done with sliding discs on the floor. (You can also use furniture sliders, available in hardware stores.) This turns conventional chest flyes into a gymnastics-type movement, recruiting more muscle and intensifying the contraction in your pecs more directly than you've ever felt it before. Directions Frequency: Perform each
workout once per week, resting at least a day between each session. Follow this pattern for six weeks. How to do it: Alternate sets of exercises that are paired (marked "A" and "B"). So you'll do one set of A, rest, then B, rest, and repeat. All other exercises are done as straight sets. Nutrition: Follow the M&F Food Pyramid to gain weight accordingly.
How to Build Chest Muscle: Tips. Exercises, & Workout Goal-specific nutrition plans tailored to your body, workouts, and schedule, Customize Your Plan Jeremy Fox founded Nutrition ering and is a NASM-Certified Nutrition Coach / Personal Trainer with a Bachelor's degree in Engineering, He is also a former college athlete, powerlifter, and
competitive bodybuilder. 1Session OneSets: 10Reps: 6Rest: 60 secsLie back on a flat bench holding a barbell in the rack above your chest with arms fully extended. From the starting position, breathe in and lower the bar slowly until it skims the middle of your
chest. Push the bar back to the starting position explosively as you breathe out. That's one rep.2Repeat the following four-move press-up circuit twice to force blood into your pecs, providing them with nutrients and improving your posture to iron out any imbalances. This circuit can be done almost anywhere. Sets: 1Reps: 60 secsRest: 90 secsGet down
into a press-up position with your hands placed so your fingers are pointing towards your toes. Lower your body until your chest is an inch from the ground then explosively drive up by fully extending your toes and hands
bench, with your feet planted on the floor. Bend your arms and lower your body until your chest touches the bench. Push your body back up to the starting position, with your hands shoulder-width apart and back straight. Lower until your chest
almost touches the floor then push up explosively, clapping your hands together before going straight into the next press-up. 6Session 2Sets: 1 each sideReps: Until timeRest: 60 secsWhile standing, place your hand behind you and push into your lower back. Pull your shoulders back and push your chest out. Return to the start position. Advertisement
Continue Reading Below7Sets: 4Reps: 12Rest: 60 secsLie back on a bench set to a 45-degree angle and lift the weights up to shoulder height, palms facing away from you. Breathe out as you press up with both arms. Lock out your arms and squeeze your chest before returning slowly to the start position.8Sets: 3Reps: 12Rest: 60 secsLie down on a
flat bench holding two dumbbells at your shoulders with your palms facing inwards. Press the dumbbells up until your arms, arc the weights down to your sides until you feel a stretch across your chest. Squeeze your pecs to return the weights to the
start position by reversing the movement. Advertisement - Continue Reading Below9Sets: 3Reps: 12Rest: 60 secsHold a dumbbell in each hand and lie on an incline bench. Start with your arms extended directly above you and then slowly lower them out to the side, keeping a slight bend at the elbow. Reverse the action and bring your arms above you
again, then repeat. 10Sets: 4Reps: 12Rest: 60 secsGrab the bars of a dip station with your palms facing inward and your arms straight. Slowly lower until your elbows are at right angles, ensuring they stay tucked against your body and don't flare out. Drive yourself back up to the top and repeat. David MortonDavid Morton is Deputy Editor at Men's
Health, where he has written, worked, edited and sweated for 12 years. His areas of particular interest are fitness, workouts and adventure. Watch Next Advertisement - Continue Reading Below The chest is one of the biggest and most powerful muscles in our bodies, but it's also notoriously difficult to grow, and many people find that it lags. In fact, if
you're a naturally skinny guy with narrow shoulders or a shallow ribcage, building a bigger chest may seem downright impossible. I've been there that reliably improve chest growth stimulus. And if your upper chest is lagging
the same rule applies: choose lifts where your upper chest is the limiting factor. Challenge your chest under a deep stretch, improving how much muscle growth you stimulate with every set. As we'll cover below, this can double your rate of muscle growth. Make sure that you're achieving progressive overload, getting stronger over time, gradually
lifting more weight or doing more repetitions. This includes eating enough protein and calories to recover and grow from your chest, then your chest will grow. And if those lifts challenge your chest under a deep stretch, it will grow much faster. So, which lifts are best at
challenging our chests through a deep range of motion? And how can we make sure that our chests are the limiting factor? Let's dive in. During my first year of lifting weights, I barely made any progress on my chest. I was training it three times per week, but I wasn't doing a good job of stimulating it, and I couldn't figure out how to make it grow. To
make matters worse, I struggled to bench press 65 pounds, and I couldn't figure out how to get stronger. That's when I came into contact with my business partner, Marco. He taught me how to do the bench press with better technique, and he gave me a structured workout program to follow. Four months later, my chest had exploded in size: My 4-
month progress photos as an intermediate lifter. During those four months, my bench press quickly went from 65 pounds up to 135 pounds for a set of 5 repetitions. Then my bench press stalled for a long time
I continued gaining muscle, but I stopped putting as much emphasis on my chest. I was already happy with it. So I gradually worked my way up to a body weight of 195 pounds, trying to build bigger arms, a bigger back, and bigger legs. Then research came out showing that training our muscles under a deeper stretch was better for stimulating
muscle growth. I decided to apply that to my bench press, and my numbers started to move up again. A year later, I benched 315 pounds for a single, awkward repetition. Me benching 315 pounds for a slow, awkward repetition. Me benching 315 pounds for a single, awkward repetition.
own. These are the methods that we use with our clients, that I used to bulk up my own chest, and that brought my bench press from 65 pounds up to 315 pounds. To build a bigger chest, it's not enough to just choose exercises are working
your chest. It all depends on which muscles are actually limiting your performance. Those are the muscles that are being brought closest to failure, and so those are the muscles that are getting most of the growth stimulus. The barbell bench press isn't always a chest exercise. Let's use the barbell bench press as an example, and let's imagine three
different people doing it: Benching for the shoulders: person 1 does the bench press with a moderate grip width, he does a set of 5 reps, and he fails because his shoulder muscles give out. His chest was putting in work, yes. It was engaging. But it's not all that tired by the end of the set. It hasn't been challenged. And so it won't grow. Benching for
the shoulders and chest: person 2 does the bench press with a slightly wider grip width, he does a set of 8 reps, and again, he fails because his shoulders give out. But this time, his chest worked much harder. In fact, his chest was just about to fail at the end of the set. Both muscles were working hard enough to stimulate muscle growth. Maybe he
builds a bit more muscle in his shoulders, but his chest is growing too. Benching for the chest and shoulders were working hard enough to get a decent growth stimulus, but most of the growth stimulus is going to
his chest. If you're trying to build a bigger chest, you don't want to be that first person. He's doing the bench press is used as more of a compound lift, working both your chest and your
shoulders. And if your chest is lagging behind, better to be that third person, where you're emphasizing your chest. It's the biggest compound chest exercise, and it does a great job of working your chest, shoulders, and triceps. But there are other
lifts that put more emphasis on your chest. For instance, the dumbbell bench press is a smaller lift, and it's not as good at working your shoulders or triceps, but it's great for working your chest. And we don't need to use the bench press at all. You can build a bigger chest with the push-up, dips, dumbbell fly, pec deck machine, or a wide variety of
other great chest exercises. There are plenty of exercises that are great for building a bigger chest, provided that we do them in a way where our chest is the limiting factor. If your chest is the limiting factor and you bring your sets within 0-3 reps of failure, you can reliably stimulate muscle growth. With enough hard work and patience, it will grow.
But we can bulk your chest up much faster and more efficiently if we challenge it under a deep stretch. If we look at a meta-analysis of 26 studies, we see that by challenging our muscles in a stretched position, we can build muscle twice as fast. This meta-analysis looked at weighted holds (isometric lifts), but follows
up research found the same effect when working through a full range of motion (study, study). And as more research continues to come out, it's becoming clearer that challenging our muscle growth. This doesn't revolutionize chest training. We've known for a long time now that
the lifts that work our chests under a deep stretch stimulate the most muscle growth. That's why there's so much emphasis on bringing our chests all the way down to the floor when doing push-ups, and using exercise machines that work our chests through a deep range of
motion Jay Cutler emphasizing the stretch when training his chest. For example, look at how Jay Cutler, four-time Mr Olympia winner, does his chest exercises. He gets a huge stretch when training his chest. For example, look at how Jay Cutler, four-time Mr Olympia winner, does his chest exercises. He gets a huge stretch when training his chest. For example, look at how Jay Cutler, four-time Mr Olympia winner, does his chest exercises. He gets a huge stretch at the bottom, lifts the weight a few inches, and then goes back into a deep stretch. He isn't even bothering to lock the weight out. He's only doing the part of the lift
that works his chest at long muscle lengths. Is Jay Cutler training his chest this way because he knows all of the latest research? Probably not. It's probably a method passed around in the bodybuilding community, used year after year, decade after decade because of how efficiently it stimulates chest growth. But as more research comes out, we're
starting to understand why it works so well. Now, does this mean that you should train your chest with a partial range of motion, only doing the very deepest parts of the lifts? Probably not. You should probably still work your chest through a full range of motion. The trick is to choose exercises with a strength curve that challenges your chest more at the lifts?
the bottom, less at the top. That way you're not just limited by the strength of your chest, but by the strength of your chest, but by the strength of your chest when it's under a deep range of motion. The strength curve is already perfect. It's already hardest at the bottom, especially if you use a moderate-to-
wide grip and a modest arch. This is the classic way of doing the bench press. No major adjustments needed. The dumbbell fly is probably better than push-ups, since they work your chest through an even deeper range of motion.
The pec deck machine and chest press exercise machines are great. Both of them train the chest under a deep stretch, and both are hardest at the bottom of the range of motion. As you can see, you don't need to do anything radical. The popular chest lifts can be great for building a bigger chest. You just need to do them with a deep range of motion.
of activation. And when our muscles are contracted, there's more muscles at shorter muscle activation. So if we look at EMG research, the exercises that train our muscles at shorter mu
like the cable crossover or training with resistance bands. But I suspect that might be the wrong call. The dumbbell fly challenges our chest under a deep stretch. Plus, even though lifts that train our muscle activation when we look at longer muscle activation when longer muscle activation when longer muscle activation when longer muscle activation when longer m
better ways of measuring muscle activation, such as using an MRI (study). And more importantly, if we look at studies measuring actual muscle growth, such as this one, emphasizing the deep stretch has people gaining twice as much muscle. Okay, so once you've chosen exercises that are limited by the strength of your chest when it's under a deep
stretch, all you need to do is focus on getting stronger at those exercises. Every workout, try to add a little bit of weight to the bar or eke out an extra repetitions this time. If you did 18 deficit push-ups last workout, try to get 19 this time. Now, it's
not quite as simple as it sounds. Stimulating muscle growth is one thing, but to actually gain muscle mass, you need to eat enough calories to gain weight on the scale. That's how all of this comes together: Choose lifts where your chest is the limiting factor, and bring your sets within a
couple reps of failure. That will guarantee that you're stimulating muscle growth in your chest under a deep stretch to roughly double the muscles, and enough calories to add extra mass to your frame. Because you've
stimulated your chest, some of that new muscle mass will be packed into your pecs. Because you've gained muscle, you'll show up to your next workout stronger, and so you'll be able to lift a little more weight or grind out sightly more repetitions. This is progress. Give that process enough time, and your chest will grow bigger, guaranteed, no matter
how stubborn it is, and no matter how far it's been lagging behind. Guys with stubborn chests often find that their shoulders and triceps take over when they do the bench press. That isn't necessarily a problem. It's a compound lift, and building bigger shoulders and triceps is great. But if you're trying to build a bigger chest, it can help to adjust your
technique so that your chest becomes the limiting factor. The easiest way to emphasize your chest (instead of your sternum), like so: Bench narrower for your shoulders (left), wider for your chest (right). When you bench with a wider grip,
it increases the moment arms on your chest while decreasing them for your shoulders and upper chest. This puts more of the load on your chest will be forced to do more of the work, giving it a much better growth stimulus. Our chest works in a hugging motion, as it does when doing a dumbbell fly. When
doing the barbell bench press, though, the barbell prevents the weights from falling away to the side, which makes the lift much easier for your chest and much harder for your triceps to assist with the lift. This is why the barbell bench press is so
much heavier, and why it makes for such a great compound lift. The downside to the barbell bench press, though, is that it's possible for your triceps to fail long before your pecs, preventing your chest from being challenged enough to provoke muscle growth. The solution, then, is to ditch the barbell and do the dumbbell bench press instead. With a solution press instead are not a solution press.
dumbbell bench press, your chest will need to fight to keep the weights from falling away to the sides. It's a combination of a chest press and a chest growth out of your bench press is to bench deeper, putting your chest under a great stretch. You'll
see some experts, such as Jeff Cavaliere (of Athlean-X), recommending that we bench with a flat back and partial range of motion. And sometimes, it's true, beginners have trouble bringing the barbell all the way down to their chests. I remember when I first started building muscle, I was really skinny, my shoulders were very weak, and I couldn't
bring the barbell all the way down to my chest without shoulder pain. Ideally, though, you'd work on improving your range of motion, learning how to bench with a modest arch and how to pinch your'd work on improving your range of motion, learning how to bench with a modest arch and how to pinch you'd work on improving your range of motion, learning how to bench with a modest arch and how to pinch your'd work on improving your range of motion, learning how to bench with a modest arch and how to pinch your'd work on improving your range of motion, learning how to bench with a modest arch and how to pinch your'd work on improving your range of motion, learning how to bench with a modest arch and how to pinch your'd work on improving your range of motion, learning how to be a motion of the possible proving your range of motion in the possible proving your range of mot
and dumbbell fly is a great way to build a bigger chest. But over time, you should be able to develop the range of motion needed to bring the barbell all the way down to your chest. And when you can, I bet you'll find that your chest size and bench press strength really starts to explode. For more, we have a full article about how to approach lifting as a
skinny beginner. The bench press is a big compound lift that can be done in lower rep ranges, and there's nothing wrong with that. The only problem is that when you're benching for 1-8 reps per set, it tends to demand quite a bit of your shoulders and triceps. And if your shoulders and triceps limit your performance, it can make it harder to build a
bigger chest. For most people this isn't a problem. Most people are chest dominant in the bench press. When they bench in lower rep ranges, they get more shoulder and triceps growth, and it doesn't hurt their chest growth. It just becomes a bigger compound lifts. But if you're trying to use the bench press to specifically build a bigger chest, you
might want to try using a higher rep range. When we bench for sets of 9-12 reps, it tends to be easier on your chest. As we cover in our bodyweight workout article, push-ups are comparable to the bench press for building a bigger chest. In this study, for instance, there's no significant different in chest growth
from doing push-ups versus the bench press. Both are equally good. There are a few implications here. First, if you don't have a barbell or dumbbells, no problem, you can build a bigger chest without any equipment at all. Just do push-ups are a great chest lift to add into your routine, even if you have access to weights. You can do
the bench press and push-ups. Once you can do flat push-up is where you raise your chest all the way down to the floor, you can switch to the deficit push-up is where you raise your hands up on push-up handles, weight plates, or speculative fiction novels,
allowing your chest to sink deeper than your hands, like so: The deficit push-up, an amazing chest exercise. By bringing your body lower than your hands, you can put your chest under a maximal stretch, boosting the amount of muscle growth that you stimulate. As a result, the deficit push-up may stimulate even more chest growth than the bench
press. The only downside is that it's harder to load as heavy, meaning that you may eventually outgrow it. With that said, the deficit push-up will grow with you. As you gain weight, your body will get heavier, and so the load will increase. I can bench 315 pounds, and if I do my deficit push-ups after the bench press, I can't get more than 25 reps, which
is still well within the hypertrophy rep range. Every workout, I fight to get an extra rep. Eventually, I'll need to get a weighted vest. But that day hasn't come yet. One mistake that a lot of people make is that as they get stronger at the push-up, they start to raise their feet up. That makes sense. It shifts more of your body weight onto your hands,
making the push-up heavier. Problem is, it also shifts more of the load onto your shoulders. It turns the push-up into a sort of incline bench press. That makes it harder to activate the big muscles in your feet up. It just means that
if you raise your feet up, make sure that you raise your hands up as well. That way you're doing deficit push-ups with your feet raised. That's great. If you do a good job of stimulating your chest with the bench press and push-up, you might not need a chest isolation lift. The chest is a simple muscle. It can activate fully during compound lifts and it
doesn't need a wide variety of exercises. But if your chest is lagging behind, the chest fly is a great chest fly is a great chest fly exercise machine. There are a few different ways of doing the chest fly and pec deck machines. It's common to
hear that exercise machines aren't as good for stimulating muscle growth as free weights, but that doesn't bear out in the research. Exercise machines do an amazing job of working our chest muscles under a deep stretch. The cable crossover exercise. Next, we
have the cable crossover. This is the fancier chest exercise that a lot of bodybuilders prefer. It's a bit harder to do, and it has a bit of a funny strength curve. People like it because it works the chest harder in a contracted position, which is good for getting a pump, but not as good for actually building muscle. You can do these if you want, but I think
the other variations are better for building a bigger chest. The dumbbell fly, an amazing chest builder. Finally we have the dumbbell fly, an amazing chest builder because it's only hard at the bottom of the range of motion, but that's exactly why it's great. It's disproportionately hard when our chests are fully stretched. That's the most
important part of the range of motion, the best place for the lift to be hardest. That's why it's so good. The trick with the dumbbell fly is to lower the weight down slowly, getting a really deep stretch on your chest. It's that stretch at the bottom of the range of motion that's magic, so make sure to go nice and deep. It's certainly possible that your upper
chest is lagging behind, but if your chest is small overall, it's not because of your upper chest (connected to your sternum). And I don't mean that it's smaller because it's lagging behind, I mean that your upper chest is just a much smaller
muscle. It will always be smaller. The upper chest (left) and the lower chest (right). So if you have a small chest overall, it's not a great idea to emphasize the smallest part of your chest. It's much better to focus most of your efforts on the bigger, heavier chest exercises that will help you build a bigger chest overall. Think of the bench press and push-
up. These lifts will bulk up your entire chest. With that said, the bench press, push-up, and overhead press will engage your upper chest, but maybe not enough to maximize muscle growth there. In all these lifts, your upper chest, but maybe not enough to maximize muscle growth there. In all these lifts, your upper chest, but maybe not enough to maximize muscle growth there. In all these lifts, your upper chest, but maybe not enough to maximize muscle growth there. In all these lifts, your upper chest, but maybe not enough to maximize muscle growth there. In all these lifts, your upper chest, but maybe not enough to maximize muscle growth there. In all these lifts, your upper chest, but maybe not enough to maximize muscle growth there. In all these lifts, your upper chest, but maybe not enough to maximize muscle growth there. In all these lifts, your upper chest, but maybe not enough to maximize muscle growth there.
target it directly. The incline bench press. The easiest way to build a bigger upper chest and shoulders through a deeper range of motion, whereas the low-incline bench press (with a bench angle of around 30 degrees) is the
tried and true upper chest exercise. You can choose either one. If you do a few sets once or twice a week, you shouldn't have any trouble building a bigger chest, you'll probably want to train your chest 2-3 times per week using a variety of different chest exercises. You can pick those exercises based on what works your
chest the hardest: Heavy compound exercises. Which exercises feel like they're putting the most tension on your chest at the bottom of the lift, when your chest is stretched out? These will make good primary chest exercises. Think of the flat barbell bench press, the deficit push-up, or the weighted dip. Lighter isolation
exercises. Which lifts give you the biggest chest pump when you lift in higher rep ranges? These will make good secondary chest exercises. To build a balanced chest, you'll probably want at least one exercises in your routine that the chest pump when you lift in higher rep ranges? These will make good secondary chest exercises. Think of the deficit push-up, the pec deck machine, or the dumbbell fly. Upper chest exercises.
emphasizes the upper chest. I recommend picking between the close-grip bench press, and the deficit push-up. The low-incline bench press is the most popular, and it's a great choice. Once you've experimented with the exercises, finding the ones that work best for you, program a primary and secondary chest exercise each
workout. For example: Here we've got the flat barbell bench press as your primary chest exercise, and we're using it to target the bigger fibres in your mid chest. We're lifting on the heavier side of the hypertrophy rep range. In this case, we'll default to 10 reps, but anywhere between 6-12 reps will work well. And doing 4 sets is probably enough to
get virtually all of the growth stimulus, but anywhere between 3-5 sets will do, depending on how fatigued the sets are making you. Then we've got the deficit push-up as the secondary exercise, this time done in higher rep ranges, and this time chosen because it's slightly better at stimulating the muscle fibres in our upper chest. For this exercise,
we'll lift on the lighter side of the hypertrophy rep range, trying to do as many reps as you can, and perhaps getting 15-30 reps per set. The goal here is to pump your chest up, flooding it with metabolites, to give it some extra volume, and to make sure that we're stimulating all of the fibres in your chest. The most important thing is that every
we've got the dumbbell bench press as your primary chest exercise, and we're using it to target the bigger fibres in your mid chest. What makes the dumbbell bench press so good is that it does a great job of forcing your chest to do the majority of the work. We're lifting right in the middle of the hypertrophy rep range. In this case, we'll default to 12
reps, but anywhere between 8-15 reps will work well. And doing 3 sets is probably enough to get most of the growth stimulus, but anywhere between 3-5 sets is great for guys with lagging chests. For this
exercise, we'll lift on the lighter side of the hypertrophy rep range, doing 15-30 reps per set. In this case, we'll default to 20 reps. Again, the goal here is to pump your chest up, flooding it with metabolites, and to give it some extra volume. The idea is to alternate between these two workouts, training our chest 2-3 times per week with at least a day of
rest between each workout. For example, you might do the first workout on Monday, the second workout on Friday. Or, if your chest is small and recovers more quickly, perhaps you do them Monday, the second workout on Friday. Keep in mind that these are just the exercises for your chest. The idea is to build your workouts
 around those exercises. You can work those exercises into full-body workouts, do them on the upper-body days of an upper/lower split routine, or do them on the push days of a push/pull/legs routine. For example, it you're doing full-body workouts, maybe your workouts look something like this: Flat Barbell Bench Press: 4×8 Front Squat: 3×8 Deficit
Push-Up: 3xAMRAP (as many reps as possible) Barbell Row: 3×8 Neck curls: 2×20 Or if you're doing an upper-body workout, maybe it looks more like this: Flat Barbell Curl: 2×12 Forearm curls: 2×20 Or if you're doing a push workout, something
like this: These are just examples. Feel free to customize your workouts based on which exercises you prefer, what equipment you have access to, what feels best on your joints, and what works your chest the hardest. Everyone is a bit different, so feel free to make it your own. You can also adjust how many sets you do and how often you train. The
idea is to work your chest hard enough to get a good pump and make it a bit sore for the next couple of days. Then, once your chest stops being sore, you train it again. For some guys, it might take two days for their chests to recover. For others, it might take a good four days. And that may change as your chest gets bigger and stronger. For instance,
I used to be able to train my chest every second day, but I was only benching 185 for sets of 6. Nowadays, doing 275 pounds for 6 reps, I can only do a hard chest workout every 4-5 days. To build a bigger chest, you need to choose exercises where you're limited by the strength of your chest. That will ensure that you're stimulating muscle growth with
every set. And to stimulate even more muscle growth, try to choose exercises that challenge your chest under a deep stretch. Once you're bringing your sets close to failure, all you need to do is fight to make a little bit of progress every workout. Write down what you're lifting
and try to beat it next time, adding a bit of weight to the bar or fighting to squeeze out an extra rep. To be able to lift more than last time, you need to get bigger and stronger. Stimulating muscle growth is part of that, but so is your diet. Make sure that you're eating enough protein and enough calories to actually build muscle and gain weight. It only
takes 2-3 days for your chest to recover from a hard workout. That means that if you want your chest to be growing steadily all week long, you should be training it 2-3 times per week. During those workouts, do 1-2 chest exercises, doing 2-4 sets per exercise, and bringing those sets within 0-3 reps of failure. That's all it takes. It often helps to focus
on getting stronger at a few key exercises that will reliably bulk up your chest. Here are some good ones to build your workout routine around: The Barbell Bench Press: this is the best chest exercise, and it's a great compound lift for your shoulders and triceps, too. Use a moderate or wide grip, bench deep, and do at least 9 reps per set. The
Dumbbell Bench Press: if you have trouble feeling your chest working during the barbell bench press, and if it doesn't leave your chest feeling sore afterwards, the dumbbell bench press is a great alternative. It does an even better job of emphasizing your chest feeling sore afterwards, the dumbbell bench press is a great alternative. It does an even better job of emphasizing your chest feeling sore afterwards, the dumbbell bench press is a great alternative. It does an even better job of emphasizing your chest feeling sore afterwards, the dumbbell bench press is a great alternative. It does an even better job of emphasizing your chest feeling sore afterwards, the dumbbell bench press is a great alternative. It does an even better job of emphasizing your chest feeling sore afterwards, the dumbbell bench press is a great alternative. It does an even better job of emphasizing your chest feeling sore afterwards, the dumbbell bench press is a great alternative. It does an even better job of emphasizing your chest feeling sore afterwards, the dumbbell bench press is a great alternative. It does an even better job of emphasizing your chest feeling your chest feeling sore afterwards, the dumbbell bench press is a great alternative. It does an even better job of emphasizing your chest feeling your chest feeling
exercise, and it's just as good as the bench press for bulking up your chest. The only downside is that it's harder to progressively overload. But that isn't a problem until you can do 30+ repetitions. The Chest Fly: this is the best chest isolation exercise to pair with the bench press or push-up, either as a follow-up exercise or even as a superset. Doing
the chest fly with dumbbells or on an exercise machine is probably ideal for stimulating muscle growth, but some people prefer the cable crossover. The Close-Grip or Incline Bench Press (upper chest). These are the best lifts for building a bigger upper chest. Both are great, so just choose the one that you prefer. If you're still new to lifting weights
and you haven't gained your first twenty pounds of muscle yet, our Bony to Beastly Bulking Program will be perfect for you. It's a 5-month program made up of three full-body workouts per week, each of them containing a couple of chest exercises. It's designed to be perfect for building a strong, full chest. But if you're a seasoned lifter who's already
gained at least twenty pounds, or if your chest is stubbornly lagging behind the rest of your muscles, then we recommend our chest specialization program. War Chest is stubbornly lagging behind the rest of your muscle group will be
worked, but there's a huge emphasis on helping you build up a truly massive chest. There isn't a single man on earth who doesn't wish he had a bigger chest, save for maybe Dwayne "The Rock" Johnson. C'mon, what's not to love about a chiseled chest? You look incredible shirtless, and women fall over themselves trying to touch your beefy pecs. Not
to mention, bulging pec muscles can help keep other guys away from your girl. Who wants to mess with the guy with the ripped chest? We can answer that: Nobody. If you want to get pec muscles in record time, you'll need to do more than your standard bench press workouts. Below, we'll offer some crucial diet and exercise tips that will help you
build a bigger chest quickly. But first, here are a few things you need to know to build pec muscles: Incorporating a variety of chest exercises into your chest exercises will accelerate muscle gains in the pectoral region Taking a full day to rest is key to
maximizing gains and preventing injury Want to know how to get pecs fast? Just do the following five things and you'll be well on your way to a chiseled chest in no time. TRY MEN'S SKIN CARE 1. Switch Up Your Chest Exercises Doing pushups every day isn't going to give you the ripped chest of your dreams, nor is it going to help you build pecs
quickly. If you want to optimize your chest workouts, you need to incorporate a few tried-and-true chest dips and ring dips. Both chest dips and ring dips are some of the best chest exercises for building muscle mass and
gaining strength in the pectoral region. Other chest exercises you should consider adding to your workout routine include: Flat bench dumbbell fly, bench press, incline dumbbell press, seated machine chest press and the machine decline press, incline dumbbell press, seated machine chest press and the machine decline press.
maximum gains, remember to focus on good form. Not only will having proper form reduce your risk of injury, it's also key to building defined pec muscles. 2. Focus on Resistance Training Got those chest exercises down? Good. Now, you need to concentrate on something called "progressive overload," which refers to increasing your skeletal muscle
strength and endurance by putting greater demands on it. To increase the demands on your musculoskeletal system, you need to modify the volume, load (e.g., the amount of weight lifted in a set) or your rest period between sets. For building your pectoral muscles, focus on increasing the resistance and the frequency of your workouts while staying
within the eight to 12 range, which is the number of reps recommended by the American College of Sports Medicine for novice trainers (see claim: "...it is recommended that loads correspond to a repetition maximum (RM).") Take the skin care guiz 3. Remember to Rest One of the biggest chest-building mistakes is not
taking enough time to rest. Pushing yourself too hard in the gym is just asking to be sidelined with an injury that will derail your dreams of having chiseled pecs. Your muscles need downtime to recover and build themselves back up stronger than before. Not only should you rest in between sets, you should also be taking an entire day off to recover—
as in, no leg day or anything. Make it a true rest day by doing absolutely nothing. You'll be amazed at how much progress you make once you come back to your routine, completely refreshed. 4. Load Up on Protein You've heard that abs are made in the kitchen, right? Well, the same goes for your pecs. Your muscle-building is going to be agonizingly
slow unless you start eating a protein-rich diet. Not only do you need to consume more lean protein, you also need to do it at an optimal frequency. According to a 2016 study published in Clinical Nutrition, eating more protein-rich meals throughout the day is associated with increased lean muscle mass and strength (see claim: "We found that more
frequent consumption of meals containing between 30 and 45 g protein/meal produced the greatest association with leg lean mass and strength.") In addition to loading up on protein, make sure that you're taking in more calories than you're burning to promote muscle gain. With a solid diet and strength training routine, you'll be well on your way to
having a chiseled chest. 5. Be Patient Your chest muscles aren't going to become sculpted overnight. No matter how rock solid your diet and training plan is, it's just not physically possible to gain more than two pounds of muscle mass per week. Gaining muscle quickly can also be taxing on the body and result in stretch marks that are notoriously
difficult to get rid of once they occur. Be patient with your progress and you'll eventually have a sexy chest that will make you want to take a selfie for the first time in your life. Final Thoughts Follow these tips and you can easily achieve a more defined chest within a month or two. Just remember to take good care of your skin after every workout.
After working so hard on your pecs, the last thing you want is for your chest to be covered in pimples. References American College of Sports Medicine and Science in Sports Medicine Position Stand. Progression Models in Resistance Training for Healthy Adults." Medicine and Science in Sports Medicine Position Stand. Progression Models in Resistance Training for Healthy Adults." Medicine and Science in Sports Medicine Position Stand. Progression Models in Resistance Training for Healthy Adults." Medicine Position Stand. Progression Models in Resistance Training for Healthy Adults." Medicine Position Stand. Progression Models in Resistance Training for Healthy Adults." Medicine Position Stand. Progression Models in Resistance Training for Healthy Adults." Medicine Position Stand. Progression Models in Resistance Training for Healthy Adults." Medicine Position Stand. Progression Models in Resistance Training for Healthy Adults." Medicine Position Stand. Progression Models in Resistance Training for Healthy Adults." Medicine Position Stand. Progression Models in Resistance Training for Healthy Adults." Medicine Position Stand. Progression Models in Resistance Training for Healthy Adults." Medicine Position Stand. Progression Models in Resistance Training for Healthy Adults." Medicine Position Stand. Progression Models in Resistance Training for Healthy Adults." Medicine Position Stand. Progression Models in Resistance Training for Healthy Adults." Medicine Position Stand. Progression Models in Resistance Training for Healthy Adults.
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