



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



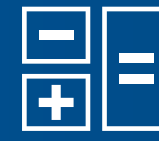
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BUILD A BIGGER CHEST W/ THIS INTENSE MASS BUILDING WORKOUT

Don't be ashamed by your lack of gains at the pool this year. Attack your pecs from all angles and utilize drop sets with this intense chest workout!

Link to Workout: <https://www.muscleandstrength.com/workouts/build-bigger-chest>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 1 Day

Time Per Workout: 45-60 Mins

Equipment: Bodyweight, Dumbbells, Machines

Author: Team eFlow

Build A Bigger Chest

Exercise	Sets	Reps
Flat Dumbbell Press	4*	6 - 8
Incline Dumbbell Press	5*	6 - 8
Hammer Strength Decline Press	4	8 - 12
Cable Crossover or Machine Flys	4	8 - 12
Push Ups	3	Failure

*Final Set: Perform a drop set totaling 20 reps.