



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



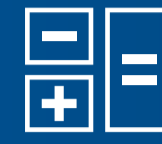
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ULTIMATE BENCH PRESS WORKOUT: INCREASE STRENGTH & CHEST SIZE

Looking for a way to add size and strength to your chest muscle? This bench press workout is designed to build massive pecs while putting up big numbers on bench!

Link to Workout: <https://www.muscleandstrength.com/workouts/ultimate-bench-press-workout>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 1 Day

Time Per Workout: 60-75 Mins

Equipment: Barbell, Bodyweight, Cables

Author: Lee Boyce

Workout 1: CNS Loading

Exercise	Sets	Reps	Rest
BB Flat Bench Press *	5	3 - 5	3 Mins
DB Incline Press	4	12 - 15	2 Mins
Standing High Pulley Cable Fly	4	12 - 15	2 Mins
Push Ups	1	Max	-

Alternate Workout 1 & Workout 2 every week. * Finish with a single burnout set as described above.

Workout 2: High Volume / Tempo Training

Exercise	Sets	Reps	Rest
BB Flat Bench Press (w/ 40 x 0 Tempo)	8	8	90 Secs
DB Incline Press	4	12	90 Secs
Standing High Pulley Cable Fly	4	12 - 15	2 Mins
Seated Chest Press * Drop Set	1	5, 7, 9	2 Mins

* 4 rounds. Select the heaviest weight you can lift for 5 reps. Immediately rest & drop the weight by 20% & lift it for 7 more reps. Drop the weight once more by 20% & perform 9 reps.