

Chest Exercises

BY

KARMIC INSTITUTE

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CHEST EXERCISES

Bench Press Exercise and Workouts with Dumbbell and Free Weights



Bench Press - The Best Chest Muscle Builder

Bench Press is the best **Chest Muscle Building** exercise. Free Workout Plans.

These Exercises should be the center of all your **Chest Workouts** and add other Exercises as and when you need variety to your workouts.

A Deep, well-shaped Chest is the center of a complete physique and nothing comes close to **Bench Press** to achieve this purpose.

Bench press can be performed with Barbell or Dumbbell. By using dumbbells you can work the chest muscles through a greater range of motion.

Purpose:- To Build Muscle Mass in the Chest {Also works on front deltoids and triceps}.

The Bench Press is the fundamental exercise for the upper body and should be a part of any exercise regimen. It remains the best Chest Muscle Building Exercise. It builds chest muscle mass, gives shape and helps in overall chest development.

Execution Technique:- You can use either a Machine or Free weights to perform Chest Press. Free Weights are undoubtedly the best way.

Grips:- Hands are positioned slightly wider than shoulder width. A wide grip primarily targets the outer chest and narrow grip helps inner chest development.

Steps:-

1. Lie flat on the bench keeping your feet on floor for better balance.
2. Lift the bar off the rack and hold it at arms length above you.
3. Now lower the bar under controlled motion until it touches above the chest{ around the nipple area}.
4. Now raise it until your arms are nearly locked out.

Points to remember

- Remember exert while you exert.
- Keep a controlled motion and avoid jerky movements
- Do not bounce the weights off the chest
- Avoid arching of back as much as possible
- For heavy weights use a spotter.

Incline Bench Press - Build Massive Upper Chest Now



Incline Bench Press exercise focuses on the Upper Chest more and therefore helps build massive upper pecs. Learn how to do them correctly using Barbell or Dumbbells.

Purpose:- To develop Muscle mass in upper and middle Pectoral region.

Execution:- This exercise uses a bench set at about 45 degrees inclined. Do not go more upright as the stress shifts more to shoulders rather than chest area.

Steps:-

1. Lie on an Incline Bench set at about 45 degrees.
2. Lift the Weight off the rack and hold above you at arms length.
3. Lower the bar until it just touches above the nipple area.
4. Raise your arms until they are nearly locked out.

Points to Remember

- Perform press in a controlled manner.

Remember to stretch in between exercises. Chest muscles responds well to such stretches

Decline Barbell Bench Press Exercise



Decline Barbell bench press exercise specifically works on the lower chest muscles. Check the correct technique and blast your lower pecs now.

Execution:- Decline Bench press is done on an decline bench with a heavy loaded barbell with hands in a medium grip.

Steps:-

1. Lie back on a decline bench press and grasp the bar with a medium hand grip.
2. Lift the bar overhead and extend it till arms are nearly locked.
3. Now lower the bar to nipple level and feel a good stretch in the chest muscles.

Points to Remember

- Exhale while you exert

Dumbbell flys exercise - Inner Chest Muscle Building Exercise



Dumbbell Flys are a great way to build inner chest. It gives chest muscle the complete look and feel.

Purpose -- To Build Muscle Mass in the inner chest.

Along with Bench Press, dumbbell flys are required to develop a complete chest. Flys are a must and make it a regular part of your chest training.

Execution Technique:- Grab a pair of dumbbells and lie on an exercise bench. This exercise can be performed flat, inclined or declined.

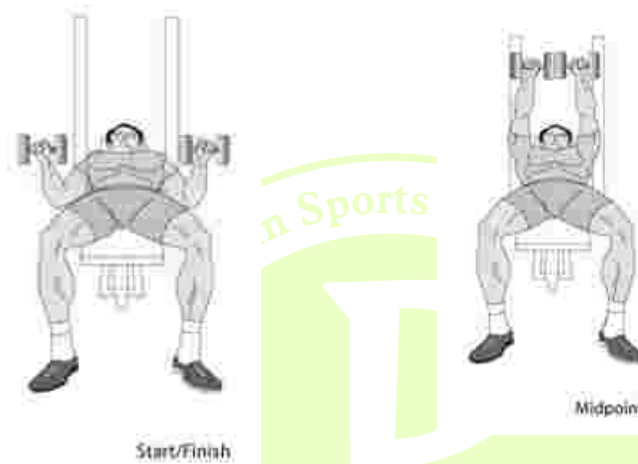
Steps:-

1. Lie flat on the bench keeping your feet on floor for better balance.
2. Hold the dumbbells at arms length above you with palms facing each other.
3. Now lower the dumbbells as far as possible on the sides thrusting your chest out as you do so. Bend the arms at the elbows slightly.
4. Now return the weight to the starting position thrusting and squeezing the chest. Repeat this movement to complete the set.

Points to remember

- Remember exert while you exert.
- Keep a controlled motion and avoid jerky movements
- Do not bounce the weights off the chest
- Avoid arching of back as much as possible

Dumbbell Bench Press Exercise



Dumbbell Bench Press a great way to add Muscle mass in chest. Watch how to do them correctly and puff your pecs with these tips.

Barbell Bench Press has a limitation that it does not involve the full range of motion, a limitation Dumbbell Bench Press overcomes.

Purpose:- To Build Muscle Mass in the upper and middle pectoral muscles.

An excellent variation to Barbell Bench Press, Dumbbell Bench Press adds the extra range of motion at the top for a complete Chest development. Also Dumbbells demand better coordination forcing the stabilizing muscles to assist as well.

Execution Technique:- This Exercise is Performed on a Flat Bench with a pair of dumbbells.

Steps:-

1. Lie flat on the bench keeping your feet on floor for better balance with a dumbbell in each hand.
2. Hold the Dumbbells straight overhead, palms facing forwards.

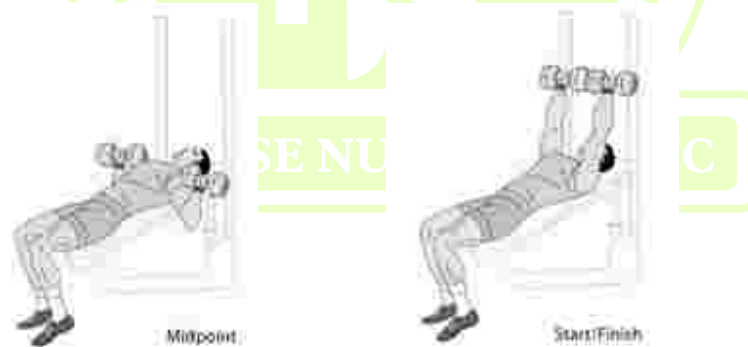
3. Now lower the weights to your outer chest stretching chest to maximum at the bottom.
4. Now raise it until your arms are nearly locked out, dumbbells very close to each other.

Points to remember

- Remember exert while you exert.
- Keep a controlled motion and avoid jerky movements

Always perform the Dumbbell Bench Press **before** you perform triceps. This sequence is very important because if you do triceps before chest, the triceps will fail before chest and you cannot lift heavier in Bench press thus not stimulating chest enough.

Incline Dumbbell Press Exercise - Blast your upper pecs



Incline Dumbbell Press Exercise is an excellent way to develop middle and upper pectoral Muscles.

Just like Incline Bench Press, Incline Dumbbell Press works mostly on upper pecs but dumbbells allows full range of motion and therefore in some ways better than bench press.

Purpose:- To develop Muscle mass in upper and middle chest region.

Execution:- This exercise uses a bench set at about 45 degrees inclined. Do not go more upright as the stress shifts more to shoulders rather than chest area.

Steps:-

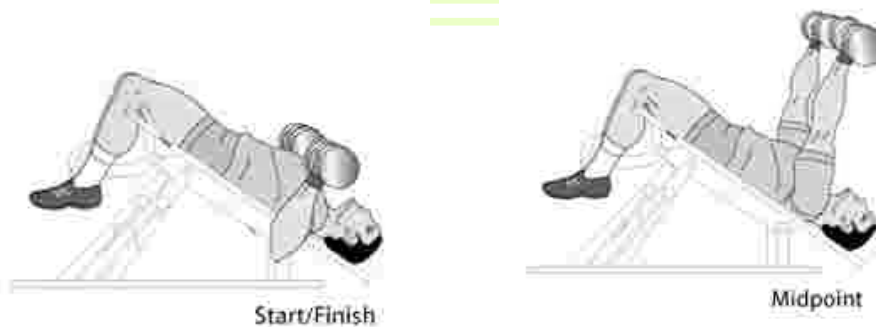
1. Grab a pair of dumbbells and lie on an incline bench.
2. Clean the dumbbells and lift them straight overhead. feel a good chest squeeze at the top
3. Lower the dumbbells and feel a good chest muscle stretch at the bottom.

Points to Remember

- Perform press in a controlled manner.
- Remember to stretch in between exercises. Chest muscles responds well to such stretches

Decline Dumbbell Press Exercise to build lower chest

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Decline Dumbbell Press is an excellent exercise to build lower chest muscles.

Execution:- Decline dumbbell press is done on a decline bench with a pair of heavy dumbbells

Steps:-

1. Grab a dumbbell in each hand and lie on an decline bench.
2. Hold the weights above you at shoulder height.
3. Now extend the weights to the top overhead feeling a good chest muscle contraction.
4. Lower the dumbbells to the starting position and feel a good stretch in your pecs.

Points to Remember

- Exhale while you exert.

Perform them before triceps in any workout.

Decline Dumbbell Press Exercise to build lower chest



Decline Dumbbell Press is an excellent exercise to build lower chest muscles.

Execution:- Decline dumbbell press is done on a decline bench with a pair of heavy dumbbells

Steps:-

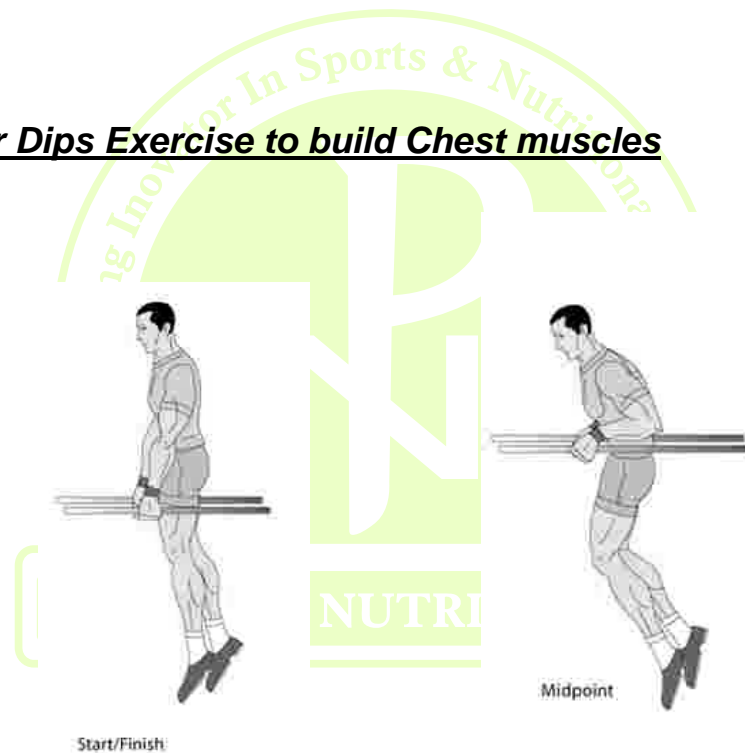
1. Grab a dumbbell in each hand and lie on a decline bench.
2. Hold the weights above you at shoulder height.
3. Now extend the weights to the top overhead feeling a good chest muscle contraction.
4. Lower the dumbbells to the starting position and feel a good stretch in your pecs.

Points to Remember

- Exhale while you exert.

Perform them before triceps in any workout.

Parallel Bar Dips Exercise to build Chest muscles



Parallel Bar Dips is an excellent exercise to build Chest muscles. It also works on Triceps.

Execution:- This exercise is done on a pair of Parallel bars.

Steps:-

1. Hold onto the parallel bars and raise yourself at arms length.
2. Using your arms lower yourself as low as possible feeling a good stretch in your Chest muscles.

3. Press back up and feel a good chest contraction in addition to your triceps which are obviously contracting hard now.

Points to Remember

Go long range in this exercise.

Hold a dumbbell between your legs if you need additional resistance.

A little forward body bend will hit the chest muscles harder.

Lying Shoulder Dumbbell Pullovers exercise



Straight Arm Pullovers is the best exercise to build a strong rib cage and build serratus anterior muscle to build a complete chest and back.

Purpose:- To Build pectorals and expand the rib cage. Works directly on serratus anterior muscle to develop the back.

This exercise is done lying across on a bench with a heavy dumbbell.

Steps:-

1. Lie across on a bench on your shoulders so that your head is hanging.

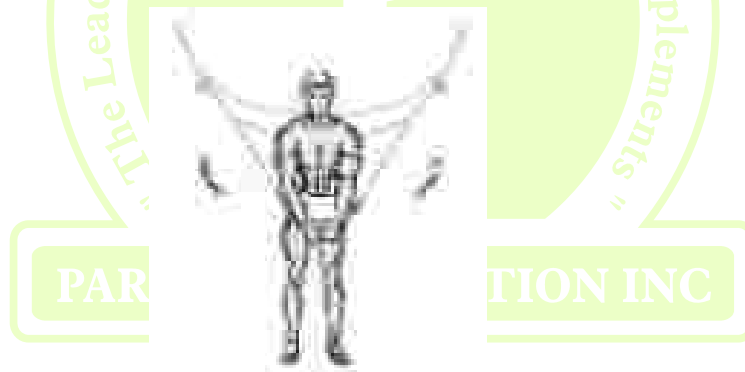
2. Grasp a dumbbell with both hands and get it straight over your chest as shown in the picture.
3. Lower the dumbbell in an arc slowly getting a good stretch in your rib cage.
4. Lower the dumbbell as far as possible and then raise it back to the starting position.

Points to Remember

- Exhale while you exert.
- Maximum stretching ensures greatest expansion on rib cage.

Relax your hips and let them fall as relaxed hips help in extra expansion.

Cable Crossovers Exercise to Build Chest Muscles



Standing , Bent Forward and Flat Bench **Cable Crossovers** Exercise to Build huge Pectorals. Cable provides constant tension helping build massive pecs.

Standing Cable Crossovers Exercise

Purpose:- To develop and define Inner pectoral muscles.

Cable provides constant resistance and helps develop central chest muscles and providing the much needed striations and inner pecs bodybuilders crave for.

Execution - This exercise is done on a cable machine with overhead pulleys.

Steps:-

1. In standing position grab hold the handles of overhead pulleys on both sides.
2. Bend slightly forwards and extend your arms feeling a good stretch in your chest muscles.
3. Now flex your arms with elbows slightly bent and get a good chest contraction.
4. Unlike chest flyes, you can crossover the centre to get full Pec contraction.

Cable Crossovers Variations.

Bent Forward Cable Crossovers

This exercise is done with two floor level pulleys and arms are brought in from below-upwards and crossing in the middle.

Flat Bench Cable Crossovers

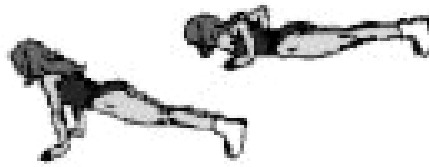
This exercise is done with two floor level pulleys lying on a bench just like Dumbbell Flyes.

Points to Remember

Exhale while you exert.

Crossover your arms in the center.

Push Ups Exercises & Workouts to Build Chest, Shoulders & Arm Muscles



Push Ups is the best Bodyweight Calisthenics exercises to Build your entire upper body and shoulder girdle, chest and arms. Check how to do them correctly and blast your Muscles at home.

Purpose:- To Build Muscle and Strength in the chest, shoulders and Arms.

Push Ups can be a real challenge if done in various angles and super-setted with Chin ups. Intensity is the key here my friend to build Muscle and Strength.

Execution:- This exercise is done on the floor with or without a Push up handles.

Steps:-

1. Lay face down on the ground with your legs straight and arms supporting the upper body. Keep your knees off the ground.
2. Now raise yourself off the ground straightening your elbows and your arms but keep your elbows close to your body.
3. Raise until your elbows are locked and pause for a moment at the top of the movement.
4. Now lower your body under slow sustained motion, feeling the motion all the way down until your chest is very close to the ground.

Wall Push ups Exercise to Build Chest & Arms

Wall Push Ups is an excellent Upper Body, Body Weight Exercise. When done correctly it can build amazing Chest and Arms strength and a strong upper body

Purpose - To Build Muscle and Strength in the Chest and Triceps

Wall Push Ups is a wonderful Bodyweight Exercise. If doing classic push ups is difficult then you can start with either Wall Push Ups or Incline Push Ups to build strength.

Steps:-

1. Stand straight with your feet about 2-4 feet from a wall.
2. Now lean forwards and place your hands on the wall with bent elbows.
3. Now push your body back to starting position using your hands.

Points to Remember

- Exhale while you exert.
- Stand at a comfortable distance from the wall. The closer to the wall you go the easier the exercise becomes. The farther you stand the more difficult the exercise becomes.