



**BIG CHEST (W/OUT BENCH)  
WORKOUT ROUTINE PDF**

# BIG CHEST WORKOUT ROUTINE PDF

	Exercise	Equipment Options	Set 1	Set 2	Set 3	Set 4	
Chest Day A	Chest Press	Chest Press machine, Flat Smith machine, or Decline Chest Press	8-10	6-8	6-8	4-6	
	Incline Chest Press (45 degree angle bench, or higher)	Smith machine, Incline Chest Press machine, Barbells, Dumbbells	8-10	6-8	6-8	4-6	
	Front Raises, Thumbs Up or Palms Up	Cable machine, Dumbbells	8-10	6-8	6-8	4-6	
	<b>OR</b>						
	Neutral Grip Shoulder Press	Neutral (palms facing) Shoulder Press machine, Dumbbells and Incline Bench	8-10	6-8	6-8	4-6	
	Hammer Curls or Palms-up Curls	Cable machine, Dumbbells	8-10	6-8	6-8	4-6	
	Triceps Extensions	Seated Triceps Extension machine, Cable machine	8-10	6-8	6-8	4-6	
Chest Day B	Pullovers	Dumbbells. Barbells in a pinch. Flat bench.	8-10	6-8	6-8	4-6	
	High Incline Press	Dumbbell Shoulder Press or Smith Machine	8-10	6-8	6-8	4-6	
	Chest Flyes	Cable machine, Pec Deck machine, Dumbbells	8-10	6-8	6-8	4-6	
	Lateral Raises, Cable or Dumbbell	Cable machine, Side Lateral machine, Dumbbells	8-10	6-8	6-8	4-6	
	Triceps Extensions	Seated Triceps Extension machine, Cable machine (single or both arms), Smith Machine, Dumbbells	8-10	6-8	6-8	4-6	

## Workout Routine Structure

I structured this chest workout to have two distinct routines, as an A-B workout structure. I did that for two reasons:

1. It fits into almost any workout split: [Upper-Lower](#), [Push-Pull-Legs](#), or Bro.
2. I've added accessory exercises that support the building of chest muscles. Plus, anterior deltoids in particular are considered part of the chest, so it makes sense to pay them some attention.

I like to work my chest twice a week, either as part of an Upper-Lower Split, or a Push-Pull-Legs Split.

So, this routine gives you some flexibility.

If you're a beginner, you could easily pick out a favorite press and maybe a fly, and grow your chest. You really don't need anything else **until you've passed the newbie phase** where everything works.

The more advanced lifters will find that they need a few more "tools in the toolbox" to deal with lagging areas in the physique.

Chest comes hard for me and anterior delts are even more of a challenge. I'm getting great results from the incline pressing movements and in particular the neutral grip presses where I can line up the anterior delts against the resistance.

## How to Program This Workout

I travel for work, and sometimes, I can't get in the gym as often as I'd like. The structure here provides some flexibility.

You can do Chest Days A and B during the same week, or staggered so that you do a chest day every 4th day... which is more than once a week and less than twice.

Or...

You can do chest once a week.

**If you are training hard enough and getting enough rest**, this program will work.

Pay attention to your progress and adjust accordingly. You should be ready to hit the iron hard every workout. If you can't you may be training too often, or skimping on the rest.

Please refer to website for full workout routine details:

- <https://www.thisiswhyimfit.com/chest-workout-routine-pdf/>

# BIG CHEST WORKOUT ROUTINE PDF

**Disclaimer:** This document is provided for informational and educational purposes only and is not intended as a substitute for professional medical advice or treatment. The big chest workout plan is designed to enhance chest muscle development and overall upper body strength but may not be suitable for everyone. If you have any underlying health issues, especially those related to the heart, lungs, or musculoskeletal system, or if you are new to intense physical activity, it is crucial to consult with a healthcare professional before beginning this or any workout regimen. Always execute exercises with proper form and at a level of intensity that is safe and comfortable for your fitness level. If you experience any pain, discomfort, or other symptoms while engaging in these workouts, stop immediately and seek medical advice. Always prioritize safety and personal limits in your fitness journey.