OFFICIAL GUIDE TO AESTHETICS



VOLUME 1

CHEST

10 WEEK PLAN TO A MORE AESTHETIC CHEST

Approved by
FIT MEDIA CHANNEL

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An important reminder...
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CHEST GAINZ

YOUR JOURNEY TO DEVELOPING THE MOST AESTHETIC CHEST POSSIBLE STARTS NOW!



10 Week Program

Improving your chest development is going to significantly better your entire physique. It's not going to happen overnight, but by the end of this 10-week program, you're going to surprise yourself on how much your pecs have grown!

Besides growing a bigger, denser and thicker chest, this program is also going to maximize the overall shape of your pecs by hitting them from every possible angle. The basics do work, but paying attention to detail is how a masterpiece is created.

Start With The Basics

This program will start with some basic staples to developing a good chest. It's going to be key that you master the basics and develop a better mind-muscle connection with your chest before we start blasting away at your chest with high intensity.

In order to do so, it's very important that you understand some of the primary functions of the chest muscle so you can visualize this as you're performing certain exercises.

Going through the motions will get you some positive results, but doing each exercise with a better understanding and intent will really maximize those results.

Progress Each Week

Each week the program will advance. Whether it's simply by increasing the number of working sets you're doing for an exercise, adding an additional exercise, or implementing a novel intensity technique, each week builds upon the previous. It's important that you log your workouts so you can objectively measure how you're progressing in the strength department. Week after week, you will get stronger and by the end of the 10th week, your chest is going to be much bigger!

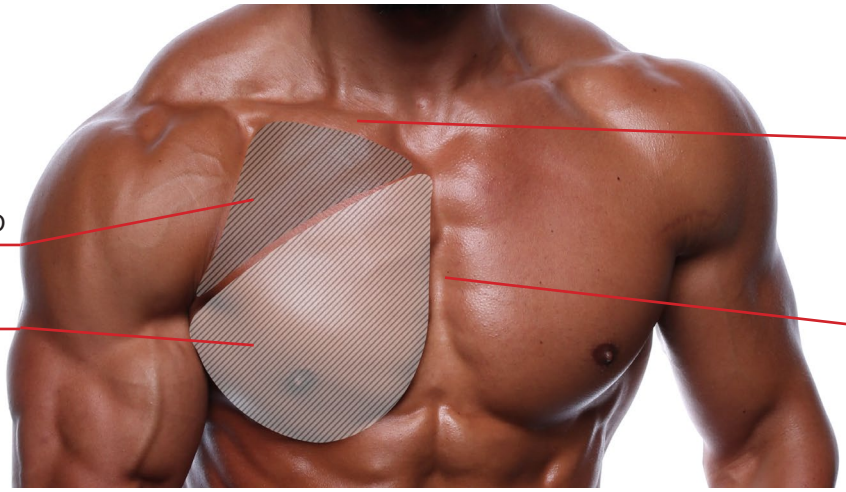
About Fit Media

This 10 week plan is developed by industry leading experts and approved by Fit Media.

Fit Media Channel is one of the largest and most respected fitness channels on YouTube. With millions of views a month, people trust our unbiased and professional approach. It's why we're called the ***Home of Aesthetics.***

GENETICS WILL IMPACT HOW YOUR CHEST LOOKS. IT'S WHY TWO PEOPLE CAN HAVE VERY DIFFERENT CHESTS, BUT THEY BOTH LOOK AESTHETIC.

FUNCTION OF THE CHEST MUSCULATURE



Your chest is composed of two muscles. The **pectoralis major** and the **pectoralis minor**.

We're going to primarily focus on the **pectoralis major** as this is the muscle that we actually see and contributes to the look of our physique. Also, it is much larger and is the prime mover when performing chest exercises.

The pectoralis major is composed of **two heads**. You have your **sternal head**, which originates at your sternum and runs across your rib cage to attach at your humerus (upper arm/shoulder). You then have the **clavicular head**, which is commonly referred to as the 'upper chest'. These fibers originate at the collar bone (clavicle) and insert at the humerus (upper arm/shoulder).

FUNCTION OF THE CHEST MUSCULATURE

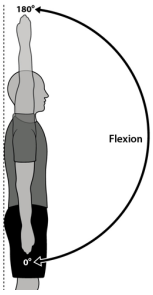
Everyone's genetics vary greatly. Our genetic structure, from our skeleton (i.e. size of rib cage, shoulder width, clavicle length) to our muscle fibers really impacts how our chest is going to look. Although we can't control that directly, we can train our pecs in the smartest way possible, from every angle, to maximize our own development. This is a reason why someone like Chris Elkins, AJ Ellison or Justin Gonzales all have very different chests, but are still extremely well developed and aesthetically pleasing in their own respective manner.

The primary function of the chest is to horizontally adduct and flex the shoulder. What exactly does that mean?



Horizontal Adduction

Bringing your upper arm across your body. Picture a basic 'pec dec fly' for this movement. You're bringing your upper arm (where the chest inserts) across your body and closer to your midline, your sternum, where the chest muscle originates.



Flexion

Raising your arm straight up as if you're doing a typical front raise. Although your anterior deltoid is doing a lot of this work, your upper chest does help a lot with 'shoulder flexion'. You'll see later on we incorporate some exercises in the program to target the upper chest besides the typical incline press variations.

Now that you understand how the chest actually functions a bit better, you can have a better internal visualization when exercising rather than just going through the motions and moving weight around from point A to point B.

When you're performing an exercise like a Dumbbell Bench Press, rather than just moving the weight, you mindfully picture your upper arm traveling across your body (horizontally adducting) and the chest muscle getting shorter and shorter as it contracts to make this movement happen.

Visualizing the insertion point getting closer and closer to the origin is a great way to 'feel' your chest better when performing exercises. A great cue is to 'connect the dots'. Think of how the chest muscle fibers run from origin to insertion and get those two points closer together when performing your chest movements!



WEEK 01

Important basics

REMEMBER THAT EACH WEEK IS GOING TO BUILD UPON THE PREVIOUS. FOLLOW THE PLAN WEEKLY FROM WEEK ONE.

LET'S GET TO WORK

Week 1 is going to be the most basic but also the most important!

You can't build an impressive building without a solid foundation. In the same sense, you can't build an impressive chest without a solid mind-muscle connection and great exercise execution.

Our primary goal for this week is for you to improve your mind-muscle connection and standardize how you will be executing each rep in such a manner that maximizes your chest activation and is comfortable for your body's mechanics.

For Week 1, none of the exercises will be performed to failure. Focus on making every rep better than the previous rep!

You should perform this workout once per week.

WEEK 1 - WORKOUT STRUCTURE

	Exercise	Sets	Reps
A	Pec Dec Fly	3	10
B	Flat Barbell Bench Press	4	6
C	Incline Dumbbell Press	3	10
D	Dips	2	15
E	Incline Dumbbell Fly	2	15

A

Pec Dec Fly

Sets: 3 Reps: 10

When performing the Pec Dec Fly, do your best to keep your shoulder blades retracted. The only thing that should be moving here is your upper arm as you contract your chest and pull it across your body with each contraction. Pausing in the fully contracted position for one second is a great way to really feel your chest contraction. As you're performing the negative, make sure you stay in control of the load and maintain tension on the chest. You should feel the chest muscle lengthening and stretching during the eccentric.





B

Flat Barbell Bench Press

Sets: 4 Reps: 6

The Barbell Bench Press is going to be a staple exercise to improve your overall strength and chest size. Standardizing your grip width is going to be very important. This can vary for each individual based on their structure and preferences. Slightly outside of your shoulders is a good starting place for most people. Another variable to take into consideration when benching is 'elbow flare'. The more you're flaring your elbows out, the more work your chest will be forced to do. If you tuck in your elbows too much, your front delt and triceps will take over the movement and reduce the chest recruitment.

Make sure you set up a stable base on the bench by retracting (pinching) and depressing your shoulder blades, think 'down and back'.





C

Incline Dumbbell Press

Sets: 3 Reps: 10

Incline pressing movements are going to be key to developing your upper chest. The Incline Dumbbell Press is going to be a staple throughout the program that you will continue to make progress with. It requires a lot of stability and control, so not only is your chest going to be working, your shoulders and rotator cuff will be essential to stabilize the press.

Make sure you're maintaining shoulder blade retraction to give you that stable base while pressing. A 30-45 degree incline is ideal for most people, however you can experiment with a 15 degree incline and even a 60 degree incline and see which variation you feel the most in the upper chest.

Make sure you're not overarching and extending at your thoracic spine too much. This will essentially defeat the purpose of the incline bench and challenge your chest the same way a flat bench press does.

As with all exercises, focus on being in control the entire rep. Standardize your form on this exercise. Pausing at the bottom in the stretched position for a split second is a great way to eliminate momentum and force your chest to do more work. Initiate the press with your chest and squeeze hard at the top.





D

Dips

Sets: 2 Reps: 15

Everyone's starting strength level is going to vary significantly. If you're a beginner and body weight dips are difficult for you, don't get discouraged. Start with the 'assisted dip machine' if needed. Each week you will make progress.

If you're a more advanced trainee and bodyweight dips are really easy, feel free to add weight if necessary. The goal here is to get 15 reps, and since it's Week 1, remember, you shouldn't be training to failure. Focus on getting comfortable with each exercise, how to perform it and the sequence of exercises.

There are many different ways to perform Dips and each set-up can vary from gym to gym. It's a great exercise to develop the chest, shoulders and triceps. The way you perform this exercise is going to affect which muscles are doing the majority of the work. Some machines allow you to adjust the width. The wider grips will generally allow you to focus on your chest, and the more narrow grips will work the front deltoid and triceps a bit more. Leaning forward and utilizing a wider grip is the best way to emphasize the chest!

Take these nice and slow and only go as far down as you can comfortably. The Dips exercise can put a lot of stress on the shoulders so make sure you're staying in control through the entire rep!.





E

Incline Dumbbell Fly

Sets: 2 Reps: 15

The final exercise of the day will give you a great stretch on the pecs and really overload them in their lengthened portion. This exercise can create a lot of muscle damage (micro tears) at the cellular level, which is one important mechanism for hypertrophy (growing muscle).

While performing Incline Dumbbell Flys, focus on keeping your shoulder blades back and have a slight bend in the elbow. Move just your upper arm and keep all tension on the chest. The main focus of this exercise is to get a deep stretch and drive a lot of blood into the chest to finish the workout.





WEEK 01

Complete

By the end of this workout, you should feel like you've stimulated your chest from top to bottom. Even though no sets were taken to failure in Week 1, you should have a nice pump and be excited for the progress you're going to make throughout the course of this program.



WEEK 02

Increasing the intensity

WE'RE GOING TO KEEP THE EXERCISES THE SAME BUT RAMP UP THE INTENSITY.

RAMP UP THE INTENSITY

For Week 2, we're going to ramp up the intensity and also increase the total training volume for our chest.

We're keeping the exercises the same as Week 1, with the intent to keep form and execution perfect with more effort.

We're going to work with heavier loads than last week and utilize our first intensity technique.

You should perform this workout once.

WEEK 2 - WORKOUT STRUCTURE

	Exercise	Sets	Reps
A	Pec Dec Fly	3	10
B	Flat Barbell Bench Press	5	5 - last set to failure
C	Incline Dumbbell Press	3	10 - last set to failure
D	Dips	2	15
E	Incline Dumbbell Fly	3	12 - 15

A

Pec Dec Fly

Sets: 3 Reps: 10

To get the chest warmed up, and overload the chest in the fully shortened position, the Pec Dec is our first movement. Focus on pausing your rep for one second in the fully shortened position and really squeeze the pecs hard! Don't go to complete failure on this exercise to preserve some energy for your compound lifts, but you should be getting close to failure. Working at a Rate of Perceived Exertion (RPE) of 8/10 is the best approach to take for this exercise.





B

Flat Barbell Bench Press

Sets: 5 Reps: 5 - last set to failure

This week we're going to do one additional working set and work with a higher intensity. Use a weight you think you can perform five sets of five repetitions with. Since we're working with heavier loads that take higher energy demands from your nervous system, take adequate rest in between sets (up to three minutes).

On your final set, we're going to introduce our first intensity technique and perform an AMRAP (As Many Reps As Possible). If you've been using the same load for the first four sets and have kept a little bit of gas in the tank to conserve energy, this final set, we're going to empty the tank.

Make sure you have a spot so you can push yourself to true failure while still staying safe.





C

Incline Dumbbell Press

Sets: 3 Reps: 10 - last set to failure

We're going to ramp up the intensity this week and really get your upper chest pumped up! Make sure you're keeping form and execution consistent from rep to rep, set to set, and week to week.

Make sure you're feeling a good stretch at the bottom of the rep, and a good squeeze at the top of the rep. On your final set, take it to true failure.





D

Dips

Sets: 2 Reps: 15

Utilizing the same form as your previous week, perform two working sets of Dips. Make sure you're making the minor adjustments necessary to maximize tension and activation of your chest. This is going to vary a bit from person to person based on your structure, but nonetheless, it's a great exercise to build an aesthetic chest.

Just like all of your other exercises, pushing yourself to progress is going to be key. So if you're using an assisted dip machine, work towards using less assistance and getting to body weight dips. If you're performing weighted dips then continue to increase the weight over time.





E

Incline Dumbbell Fly

Sets: 3 Reps: 12 - 15

To finish off today's workout, we're going to get a great stretch on the pecs with an Incline Dumbbell Fly. This is going to be a great way to get a lot of blood in the pecs and get a great pump.

The strength curve heavily favors the stretched position. For this reason, make sure you pause for one second in the stretched position of the rep.





WEEK 02

Enjoy the pump!

After completing this workout, every fiber of your chest has been stimulated for growth. If you weren't sore after Week 1 (which is totally normal since the goal wasn't to push the intensity), you should feel like every portion of your chest is sore the following day after this Week 2 workout!



WEEK 03

Next level

THIS IS GOING TO GET TOUGH. BUT THE RESULTS WILL BE WORTH IT.

HITTING CHEST TWICE A WEEK

Get ready to take your chest training to a another level! Week 3 is when we start training your chest twice per week!

If you've never trained your chest more than once per week, this is going to be intense, but the results will be worth it. Although you can get positive results with training each muscle group just once per week, the scientific research demonstrates superior gains when increasing training frequency. We will also start to alter the intensity of each exercise from week to week in order to maximize your growth. This week will also introduce different exercises and provide novel stimuli to make sure your chest is growing to its absolute maximum over the 10-week program.

Research has shown that weight training creates a cascade of anabolic, muscle building processes. This is why we're weight training to build our bodies. However, the science has also demonstrated that the anabolic processes are only upregulated for a maximum of three days. So if you train your muscle once per week, it may be growing/repairing/recovering for a maximum of three days after your training session, but the other four days of the week, you're not growing and you're missing out on potential gains! By training our chest twice per week, we're going to make sure our chest is growing every day of the week!

CONTINUES...

WEEK 3 - HITTING CHEST TWICE A WEEK

Another reason we're switching up your intensity and rep ranges of certain exercises is to ensure we take advantage of every mechanism of muscle growth and so we don't hit any strength plateaus. There are three primary mechanisms of muscle hypertrophy; mechanical tension, metabolic stress, and cell-swelling. Some of the exercises we perform will maximize the mechanical tension aspect, others are really going to expose the muscle to a lot of metabolic stress and induce a large pump in the muscle. All of this is going to lead to a cascade of metabolic growth signalling pathways.

So, for Week 3 Workout 1, you will see the exercises are the same as Weeks 1 and 2, however, the repetition goal, intensity and total volume is different. We're going to focus on lower repetitions and heavier weight than the previous week. You will also perform fewer total sets this week in Workout 1 than last week's workout. However, this is because we have another chest workout planned for later in the week.

An example of how you can structure your training week is as follows:

MONDAY	Chest (Workout 1)
TUESDAY	Other body part or rest
WEDNESDAY	Other body part or rest
THURSDAY	Chest (Workout 2)
FRIDAY	Other body part or rest
SATURDAY	Other body part or rest
SUNDAY	Other body part or rest

It's important to have at least 48 hours of rest in between Workout 1 and Workout 2 of the chest training. This is going to give your body an opportunity to recover. We want to maximize the growth capabilities of your body, so we need to make sure you don't over train.

WEEK 3 - WORKOUT STRUCTURE

WORKOUT 1

	Exercise	Sets	Reps
A	Pec Dec Fly	2	10
B	Flat Barbell Bench	5	5 - last set to failure
C	Incline Dumbbell Press	3	8
D	Dips	3	10
E	Incline Dumbbell Fly	2	10

The exercises for Week 3 Workout 1 are the same as Weeks 1 and 2. Please refer back for guidance.

WORKOUT 2

	Exercise	Sets	Reps
A	Speed Flat Barbell Bench	5	5 at 40-65% of 1RM
B	Flat Dumbbell Bench	3	8 - 10
C	Incline Machine Press	3	12 - 15
D	Decline Barbell Bench Press	2	15
E	Superset		
	1. Cable Fly – Low to High	3	10
	2. Cable Fly – High to Low	3	10

The exercises for Week 3 Workout 2 are completely unique, so let's dive into how we need to approach and execute each exercise.

A

Speed Flat Barbell Bench Press

Sets: 5 Reps: 5 at 40-65% of 1RM

This Speed Bench Press is going to be an amazing way to improve your power and strength. The goal here is to use the same form as your typical bench press but focus on explosively performing the concentric movement. You should aim to move the bar with as much velocity as possible.

It is generally recommended to use between 40% and 65% of your 1 Rep Max (1RM). If you're not sure what your 1RM is, we can use you five-repetition max from Workout 1 to get a really good estimate.

1RM formula: *(Current 5RM) x 1.17 = Estimated 1RM*

So for example, if you performed 185lbs (80kg) for five reps on Workout 1 this week, you can estimate your 1RM as follows: 185 x 1.17 = 216lbs or 80 x 1.17 = 94kg

You can then use the estimated 1RM to calculate how much you should use for this Speed Bench Press exercise. For the example used above (1RM = 216lbs or 94kg) an appropriate load (40-65%) for the Speed Bench Press would range from 86 to 140lbs (or 38 to 61kg).

The important thing when performing the Speed Bench Press is that you're able to explosively perform the concentric with good form. You should still control the negative portion of the lift, but the concentric must be much faster and more powerful.

Select an appropriate load and perform five sets of five reps with only 30 second rest intervals. This exercise isn't going to be fatiguing but it will be very stimulating and increase central nervous excitation.

Over the next seven weeks, you're going to see this exercise tremendously improve your strength with your bench press.





B

Flat Dumbbell Bench Press

Sets: 3 Reps: 8 - 10

The Flat Dumbbell Bench is a great exercise to improve overall strength and size of your chest. This exercise variation is going to require a bit more stabilization than the Barbell Bench Press and it's also a great way to address any asymmetries from side to side. A lot of trainees naturally have one side that is stronger or bigger and that they 'feel' better. Utilizing dumbbells and making sure you're using an equal range of motion on each side is going to be key to improving upon these common imbalances.

While performing dumbbell chest press variations, keeping your shoulder blades retracted and depressed is very important to maintain a solid base. As previously mentioned, "down and back" is a good cue to keep your shoulder blades stabilized while performing the bench.

Utilizing dumbbells gives you more freedom to adjust your form and typically is more joint friendly for those with shoulder/elbow/wrist pain than using barbells. Make sure you standardize how you're going to execute this exercise. Flaring out your elbows is typically going to force your chest to do more of the work, with your anterior deltoid and triceps assisting with the exercise.





C

Incline Machine Press

Sets: 3 Reps: 12 - 15

This exercise is going to be a great tool to improve our upper chest development. Although we have utilized Incline Dumbbell Presses earlier in the program, the Incline Machine Press does have some advantages compared to free weights. Unlike free weights, a well-designed machine can have an equal resistance profile throughout the range of motion.

Depending on the equipment available to you, utilize an Incline Machine Press that feels best in regards to upper chest stimulation and that doesn't bother your shoulders. This can be a plate loaded or pin-loaded machine.

Today's prescribed three sets of 12 - 15 reps is a great way to ensure a great pump in your chest.

Don't take any set to failure during this workout, but get comfortable with the movement and maximize your chest activation.





D

Decline Barbell Bench Press

Sets: 2 Reps: 15

The Decline Barbell Bench Press is something many people neglect and they're truly missing out on the growth benefits this exercise provides. Performing the bench press on a decline angle is a great way to overload the sternal fibers of the pec. Moreover, many people are actually naturally stronger on a decline barbell bench compared to the flat bench. This allows them to use heavier loads and create more mechanical tension on the chest (the primary mechanism to muscle growth).

While performing the Decline Bench Press, you want to maintain a strong, stable base with your shoulder blades just like all of your other chest press variations. The bar path should travel to your nipple line or slightly below. Make sure you're staying in control throughout the entire rep and you're initiating the contraction with your chest.

After performing two sets of 15, the pump is going to be intense! But we're not done with the workout yet!

Get ready for your first superset exercise coming up next.





E

1. Cable Fly – Low to High
2. Cable Fly – High to Low

Supersets: 3 Reps: 10 per exercise

This superset is going to be an intense finisher for the workout! Supersets are an advanced technique in which you perform two exercises back-to-back without resting. This is a great way to increase metabolic stress and induce a great pump by driving more blood into the muscle. It's intense, fun and anabolic!

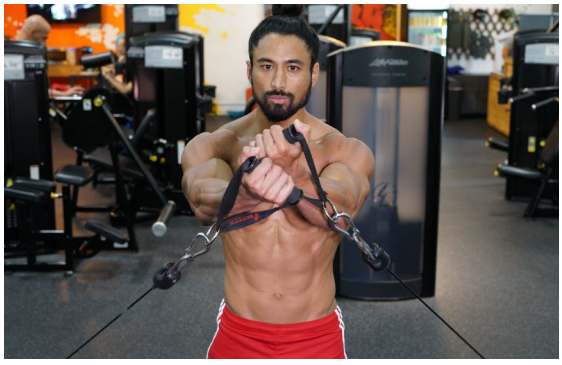
Our first variation is really going to force the upper chest to do a lot of the work. Start with the cable column set low to the ground and as you perform the fly, you should be thinking about your upper chest fibers pulling your upper arm 'up and across' your body. Your palms should be facing up (shoulder externally rotated and forearm supinated). This first movement resembles a hybrid between a front raise and your normal chest fly. You will likely feel more sturdy with a staggered stance but you can perform this with a neutral foot position.

After performing your first set of 10 reps, change the angle of the cable column and get right into the next fly variation, high to low.

The cable should be set slightly above shoulder height to ensure you're getting a really good stretch with this exercise. Think about bringing your upper arm down and across your body when performing this fly. Focus on squeezing your pecs really hard in the fully shortened position.

LOW TO HIGH





HIGH TO LOW





WEEK 03

Great work!

After completing three sets of this superset, back to back, your chest will have an awesome pump like never before! Every part of your chest will have blood in there and every fiber has been stimulated to grow throughout the course of this workout!

Rest up, recovery and get ready for Week 4!



WEEK 04

Efficient training

YOUR MAIN FOCUS SHOULD BE TO PROGRESSIVELY OVERLOAD EACH EXERCISE

MAKE YOUR TRAINING EFFICIENT

This week our focus on nearly every exercise is to maximize the hypertrophic response and make each workout as efficient as possible.

The exercises themselves are going to remain the same, but the intensity for some exercises are going to change. Your total training volume is going to be a bit higher than last week and your main focus should be to continue progressively overloading each exercise.

We will also incorporate some new advanced techniques to provide you with a novel stimulus and maximize growth. We will utilize techniques such as Accommodating Resistance to manipulate the strength curve of certain exercises. Furthermore, we will increase metabolic stress and cell swelling by utilizing drop set techniques on one of your exercises of Workout 2.

As previously mentioned, make sure you have over 48 hours between each chest training day.

WEEK 4 - WORKOUT STRUCTURE

WORKOUT 1

	Exercise	Sets	Reps
A	Pec Dec Fly	2	10
B	Flat Barbell Bench	4	8
C	Incline Dumbbell Press	4	8 + last set to failure
D	Dips	3	10
E	Incline Dumbbell Fly	2	10

WORKOUT 2

	Exercise	Sets	Reps
A	Speed Flat Barbell Bench	5	5 at 40-65% of 1RM
B	Flat Dumbbell Bench	4	6 - 8
C	Incline Machine Press with resistance band	3	12 - 15
D	Decline Barbell Bench Press	2	15 + final drop set
E	Superset 1. Cable Fly – Low to High 2. Cable Fly – High to Low	 3 3	 10 10

WEEK 4 - WORKOUT 1 - EXERCISE GUIDE

A

Pec Dec Fly

Sets: 2 Reps: 10

Similar to last week, we're going to utilize this Pec Dec Fly to start off our training session. The pec dec has an equal strength curve so the resistance is equal throughout the entire range of motion. Use this exercise as an opportunity to warm up, get blood into your chest and really enhance your mind muscle connection. Pause each rep in the fully shortened position for one second.





B

Flat Barbell Bench Press

Sets: 4 Reps: 8

This week we're going to work in a higher rep range to really focus on muscle growth. Although four sets of eight is still going to be relatively taxing, the heavier loads (closer to your 1RM) you used last week are a bit more taxing on your central nervous system.

Make sure you're using the same form and execution from week to week. After performing four sets of eight, you will have a great pump in your chest.





C

Incline Dumbbell Press

Sets: 4 Reps: 8 - last set to failure

This week we're going to add in one additional working set compared to last week. This additional training volume is going to force your body to continue to adapt and grow. With the Incline Dumbbell Press make sure you're initiating the movement with your upper chest, that each side is moving through the same range of motion, and that you're getting an intense squeeze at the top.

Instead of thinking of pressing the dumbbells straight up, your intent should be on pressing them across.





D

Dips

Sets: 3 Reps: 10

This week's prescribed set and rep goal for Dips are the same. Focus on progressive overload. Either use less assistance, or add more resistance!

Make sure you're utilizing the same form each week, getting the most stimulation possible out of your chest and executing in a pain-free manner for your shoulders. You don't have to go all the way down if you can't. Everyone's range of motion may vary based on their mobility and individual differences.





E

Incline Dumbbell Fly

Sets: 2 Reps: 10

Just like last week, we finish with the Incline Dumbbell Fly to get a great stretch on the pec and overload its lengthened position.





Remember...

Make sure you have over 48 hours between Chest Workout 1 and Chest Workout 2 in a single week. You can train other body parts on the days in between, but avoid exercises that utilise your chest.

Let's get started on Week 4 Workout 2...

A

Speed Flat Barbell Bench Press

Sets: 5 Reps: 5 at 40-65% of 1RM

If last week was your first time performing the speed bench, it may have been a bit awkward, but week after week you'll get more comfortable with this exercise. You don't need to recalculate your 1RM, but rather focus on increasing the loads you use here slowly but surely.

Adding 2.5lbs to each side each week is a great approach to improve your speed bench. The most important thing is that you're moving the bar explosively with power. This exercise is intended to improve your nervous system's ability to fire as many muscle fibers as possible, as quickly as possible.

Control the negative and explode on the positive!





B

Flat Dumbbell Bench Press

Sets: 4 Reps: 6 - 8

This week we alter the intensity of this exercise by going a bit heavier and reducing the repetition goal. We're also going to perform an additional working set this week on the Flat Dumbbell Bench Press. Keep your form consistent from week to week and make sure you're pushing yourself to get the best chest contractions with each rep. Stretch at the bottom, squeeze at the top!





C

Incline Machine Press with resistance bands

Sets: 3 Reps: 12 - 15

This week we implement an advance technique called Accommodating Resistance. By adding a resistance band, we're altering the strength curve of this exercise and making the lockout/end range more difficult. This means as your chest is getting shorter, into a deeper contraction, the tension and load is increasing, making it more challenging. This is going to be a great tool really make those upper chest fibers work as hard as possible.

If you don't have access to resistance bands, don't stress it. Just focus on progressive overload from week to week.





D

Decline Barbell Bench

Sets: 2 Reps: 15 + drop set on final set

This week, we're going to increase the overall volume and intensity of this exercise by implementing a drop set on our second and final set. Once you reach 15 reps on your second set, immediately decrease the load by 25-40% and get right back into the exercise. Perform this drop set to muscle failure if you have a spot. You should aim to get 15 reps on your second working set, and then crank out another 4-10 reps with the reduced load.

This is going to really enhance the pump response and drive a lot of additional blood into the chest. On top of that, the drop set will increase metabolic stress and further enhance the growth signalling pathways.





E

1. Cable Fly – Low to High
2. Cable Fly – High to Low

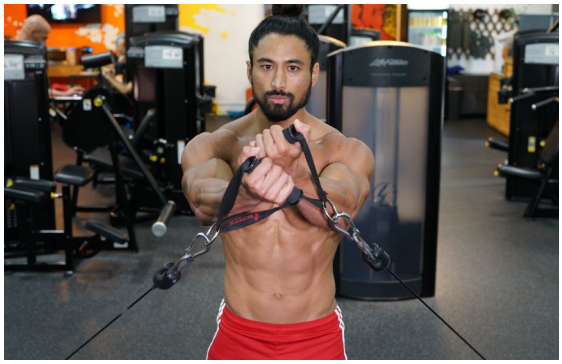
Supersets: 3 Reps: 10 per exercise

This superset is identical to how we performed it last week. It's a great finisher to drive as much blood into the chest as possible and hit it from two additional angles to make sure every chest fiber has been stimulated.

Focus on your upper chest when performing the low to high flys, and your lateral fibers that make up your chest sweep and width when performing the high to low flys!

LOW TO HIGH





HIGH TO LOW





WEEK 04

Done!



WEEK 05

Making progress

YOUR EXECUTION SHOULD REMAIN THE SAME FOR ALL EXERCISES. THE FOCUS IS TO PROGRESS.

MAKING PROGRESS

Once you complete this week, you will officially be half-way complete with this 10-week chest program! By this point, you should already notice significant visual progress and gains in strength!

This week, we're not going to change too many variables or throw many new variables your way. The primary focus is to **progress**. Pushing yourself to improve on each exercise and progressively overload is what's going to force your body to continue growing!

The repetition goals for some exercises vary this week as we have utilized a weekly undulating approach on particular exercises such as the Flat Barbell Bench Press. The reason we do this is to minimize the chance of you plateauing. This also enables us to make positive adaptations within different repetition goals.

Pay attention to the workout structure as we will utilize drop sets as our intensity techniques for the first time on some exercises such as the Incline Dumbbell Press and Incline Dumbbell Flys. Moreover, the prescribed sets and repetitions vary for many exercises.

Your execution should remain the same for all exercises so if you're seeking information on how to perform the lift, refer to the previous chapters.

By the end of Week 5, it would be a great time to assess your physique, take progress photos and compare them to day one of the program. You're officially halfway through the program and the gains are already impressive! Keep up the great work and let's make the next five weeks even better!

WEEK 5 - WORKOUT STRUCTURE

WORKOUT 1

	Exercise	Sets	Reps
A	Pec Dec Fly	2	10
B	Flat Barbell Bench	3	10-12 + last set to failure
C	Incline Dumbbell Press	4	8 + last drop set
D	Dips	3	10
E	Incline Dumbbell Fly	3	10 + last drop set

WORKOUT 2

	Exercise	Sets	Reps
A	Speed Flat Barbell Bench	5	5 at 40-65% of 1RM
B	Flat Dumbbell Bench	5	5
C	Incline Machine Press with resistance band	3	12 - 15
D	Decline Barbell Bench Press	2	15
E	Superset 1. Cable Fly – Low to High 2. Cable Fly – High to Low	 3 3	 10 10



WEEK 06

Size and strength

OUR AIM, EACH WEEK, IS TO PUT ON SOLID SIZE TO YOUR CHEST.

ADDING SIZE AND STRENGTH

This week is going to provide you with a great opportunity to see how far you've come since starting this program.

You've been training your chest twice per week, since Week 3. This week you're going to assess your progress as we present a few opportunities to beat your previous lifts on some of the staple exercises.

Week 6 Workout 1 and Workout 2 are going to utilize the same exercises you have been performing, with a slight modification to Workout 2. But this week we will aim to work at the same intensity/rep goal as you did back on Week 3 for the Flat Barbell Bench Press. The main goal behind this program is to put on solid size to your chest and now you will see how much strength you have gained as well.

After performing an intense 5x5 on the Flat Barbell Bench Press for Week 6, we're going to perform higher rep work on the following exercise, Incline Dumbbell Presses and really focus on stimulating your upper chest to grow. Compared to Week 5, the rep goals in Week 6 are high for the remaining exercises, Dips and Incline Dumbbell Flys. This is because the heavy 5x5 Barbell Bench Press is very taxing on the central nervous system, so we're going to decrease intensity and increase the rep goal for the rest of the workout!

CONTINUES...

WEEK 6 - ADDING SIZE AND STRENGTH

Workout 2 this week isn't going to start with the Speed Bench Press like you have been performing. Instead, we're going to utilize an advanced technique called 'pre-exhaustion'. Although we have performed Pec Dec Flys to start off Workout 1, we have always utilized it as a primer, and never prescribed you going to failure with this exercise.

This week, Workout 2 starts off with the Pec Dec Fly, but the goal is to perform this with heavier loads, get a very hard contraction in the shortened position and even create some muscle damage right off the bat. This is the first time we're going heavy on the Pec Dec Fly with our rep goal being eight. Also, we're doing four working sets where we've previously never done more than three sets.

Really push yourself to use heavy loads today with the Pec Dec Fly while keeping your form and execution on point. On your final set, once you complete eight reps, perform a drop set by reducing the load by 25% and perform your drop set until muscle failure. This is going to start your workout off with an intense pump.

The remainder of the workout will be fairly similar to what you've done on previous weeks, however, your repetition goal varies on most exercises, so pay attention to the prescribed volume.

If you need some refreshment on execution cues and the intent behind each exercise, refer to the narrative for previous weeks.

After completing Week 6, make sure you rest up, because Week 7 takes you through World Champion AJ Ellison's intense, high-volume chest workout that will have you sore for the entire week!

WEEK 6 - WORKOUT STRUCTURE

WORKOUT 1

	Exercise	Sets	Reps
A	Pec Dec Fly	2	10
B	Flat Barbell Bench	5	5 + last set to failure
C	Incline Dumbbell Press	3	12
D	Dips	3	12 - 15
E	Incline Dumbbell Fly	2	12 - 15 + last drop set

WORKOUT 2

	Exercise	Sets	Reps
A	Pec Dec Fly	4	8 + last drop set
B	Flat Dumbbell Bench	3	10 - 12
C	Incline Machine Press with resistance band	4	8 - 10
D	Decline Barbell Bench Press	3	15
E	Superset 1. Cable Fly – High to Low 2. Cable Fly – Low to High	 2 2	 15 15



WEEK 07

High volume

YOU NEED TO BE MENTALLY PREPARED FOR THIS WEEK'S WORKOUT.

TRAIN LIKE A CHAMPION

This week is going to be the highest volume training session you've ever done.

Fit Media Channel brings to you, World Champion AJ Ellison's chest workout that is going to have you sore for the entire week. **This is why for Week 7, we're only doing one chest training day**. You will undoubtedly need the additional rest days to repair, recover and grow!

First things first, you need to be mentally prepared for this workout. You're going to have to pace yourself and dig deep for this training session.

Although we're only doing three exercises for the entire session, the amount of volume for the entire workout is intense. This workout is going to put your chest through metabolic stress and induce a cell swelling response like never before. Get ready for a chest pump like never before!

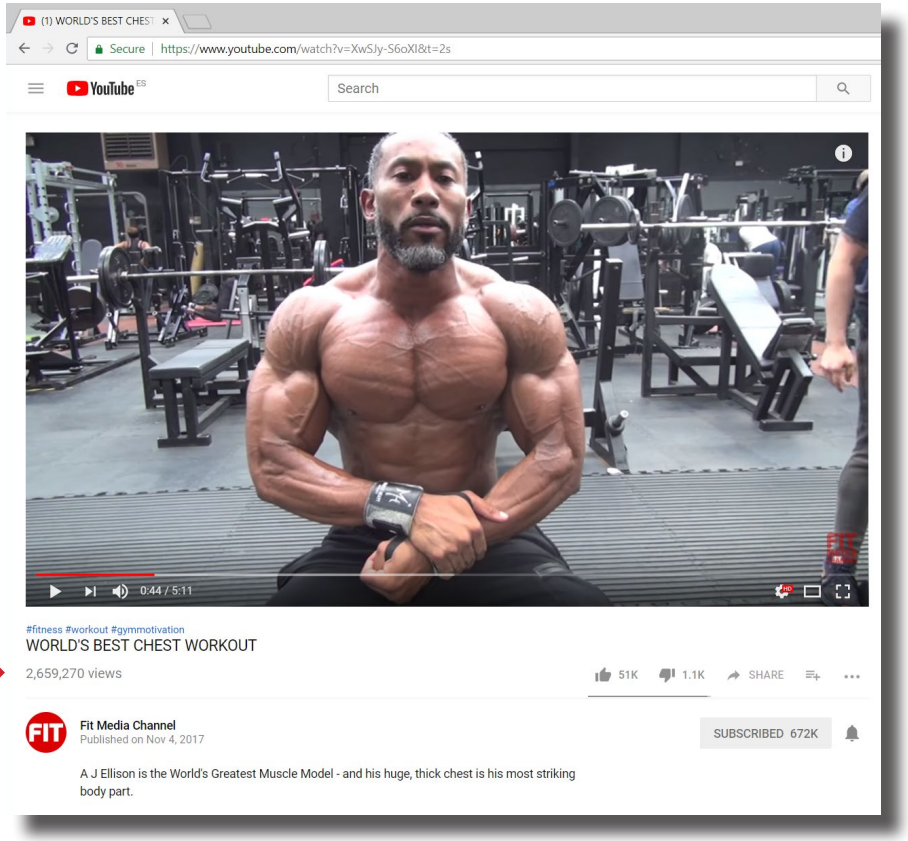
If you manage to complete this chest workout, mark this day in history. Take a picture and upload it to your social media. Tag us @FitMediaChannelOfficial and #FitMediaChannel so we can share your chest pump!

Let's get to it!

WEEK 7 - WORKOUT STRUCTURE

	Exercise	Sets	Reps
A	Flat Barbell Bench Press	10	15
B	Incline Dumbbell Bench Press	5	12 + last set to failure
C	Cable Fly - High to Low	5	15

This intense workout has been watched by millions of people on YouTube.







A

Flat Barbell Bench Press

Sets: 10 Reps: 15

That is NOT a typo… today's workout will have you doing 10 working sets of 15 repetitions for the flat barbell bench press. The kicker is you can only rest for 90 seconds!

Start with a weight you think you can complete for 18 - 20 reps but just complete 15. Do your best to maintain this weight from set to set, but as time goes by, metabolites like lactic acid are going to build up in your chest, your muscle glycogen and phosphocreatine stores are going to start depleting and your strength/endurance will drop. Once you can no longer complete 15 reps with your starting weight. Decrease the weight appropriately from set to set to ensure you still get 15 reps.

If you start a set with a load and don't complete 15 reps, rack the weight, rest up to 10 seconds, and then perform as many reps as you can until you get 15. You can rest as many times as needed, but do not drop the weight until the next set of 15. Utilize this 'rest-pause' technique as many times as needed until you complete all 15 reps for that one set.

Here is an example:
- Set #5: 135lbs x 8 (failed at the 8th rep)
- Rack it and rest 10 seconds before doing 135 x 4 (now at 12 reps for this set)
- Rack it and rest 10 seconds again before doing 135lbs x 3

All 15 reps were completed for that set. You can now decrease the load for the following set, rest for 90-seconds and get into your next working set.

Check out the YouTube video of AJ performing this exercise on Fit Media Channel to see how the 'rest-pause' technique is utilized.

While performing the Flat Bench Press, you want to ensure your form is as perfect as possible. The high volume is going to accumulate a lot of fatigue. Don't sacrifice your form and keep safety a priority. As mentioned in previous chapters, make sure you're maintaining a stable base by retracting and depressing your shoulder blades. It's going to take a lot of mental fortitude to get through this, take it one rep at a time, one set at a time. Get a good stretch at the bottom and squeeze hard on each rep.

After complete 10 sets of 15 reps, your entire chest is going to be pumped like never before, especially with the short rest periods. You're going to be in pain, but you're not done yet. Congrats on getting through part one of this workout!

B

Incline Dumbbell Bench Press

Sets: 5 Reps: 12 + last set to failure

We've never done more than four working sets on incline dumbbell bench press, until now!

You're going to be extremely fatigued from the 10 sets of 15 reps you just performed, so don't let your ego get in the way. Select a lighter load than you've been using for 12 repetitions on the Incline Dumbbell Bench Press.

The Flat Barbell Press you just performed works the entire pectoralis major, but the majority of the work will be performed by the sternal head. Hopefully your clavicular head, upper chest fibers have some gas left in the tank. Give it everything you have and keep pushing through this workout!

On your final set, you're going to perform an AMRAP (as many reps as possible).

To keep the metabolic stress high, make sure you're keeping your rest periods to 90 seconds here!





C

Cable Fly - High to Low

Sets: 5 Reps: 15

To finish off the workout, we're going to transition into a pure isolation exercise and ensure every single pec fiber has been exhausted to its maximum capacity. This high-to-low fly is a great exercise to hit the lateral fibers of the chest that give you that impressive chest sweep and width.

Make sure you're focusing on quality reps of quantity (weight). Get a great stretch on your chest at the top of the movement and squeeze it with every ounce of heart you have in your body. By this point in the workout, your chest is already pumped and fatigued, but these five sets of 15 reps are going to finish off the day.





WEEK 07

You survived!

After this workout, you will totally understand why we're only training chest once this week compared to our previous twice per week. You're likely going to experience a whole new level of chest soreness. Make sure you stay well hydrated, eat enough protein, focus on nutrient dense foods and get quality rest.

For the final three weeks we're going to switch things up a lot, implement completely new exercises and provide a novel stimulus to continue building the chest of your dreams! Let's get to it!



WEEK 08

New challenges

GET READY FOR NEW EXERCISES, NEW CHALLENGES AND MORE GAINS!

GET READY FOR MORE GAINS

These next three weeks are going to be much different than Weeks 3 to 6, so get ready for new exercises, new challenges and more gains!

We're going to prioritize the upper chest, utilize new advance techniques and test your willpower.

After five or six days of rest from your last workout, you should be ready to get back to intense training.

Let's do it!

WEEK 8 - WORKOUT STRUCTURE

WORKOUT 1

	Exercise	Sets	Reps
A	Incline Barbell Press	3	10
B	Smith Machine Slight Incline Press	3	10 - 15 + last set to failure with partials
C	Flat Dumbbell Press	3	8
D	Decline Machine Press	3	12 - 15
E	Superset 1. Pec Dec Fly 2. Push Ups	 3 3	 15 To failure

WORKOUT 2

	Exercise	Sets	Reps
A	Pec Dec Fly	2	10
B	Flat Barbell Bench	5	5
C	Incline Machine Press with resistance band	4	8 - 10
D	Dips	3	10
E	Superset 1. Dumbbell Incline Fly - Low to High 2. Dumbbell Incline Fly	 2 2	 15 15

A

Incline Barbell Press

Sets: 3 Reps: 10

This is the first time in the program we're utilizing the Incline Barbell Press. We have utilized Incline Dumbbell Presses as well as Incline Machine Press on previous weeks, but it's time to implement this exercise to target the upper chest.

Just like all of your other pressing exercises, it's going to be important that you're setting up your bench with a stable base. This is going to require you to use that same 'down and back' cue for your shoulder blades we've previously discussed. Once you have a stable base, make sure you maintain this and unrack the weight. Unrack the weight, perform the negative with good control and feel your chest stretch as you lower the load. Get a good stretch at the bottom and initiate the press by squeezing your upper chest fiber.

The grip width you use should be similar to your Flat Bench Press. The amount of elbow flare is going to affect how the load is distributed between the chest and the front deltoid. If you want to maximize chest activation, more elbow flare will do that, but you want to make sure you're executing this lift without feeling any shoulder pain. Standardize your form in such a manner that you get great chest activation with no shoulder pain.

You do NOT have to go all the way down and touch your chest on the incline bench press, however, if you can use a full range of motion without any pain, you should. Start really light and experiment how you can perform this exercise pain free.





B

Smith Machine Slight Incline Guillotine Press

Sets: 3 Reps: 10 - 15 - last set to failure with partials

Using a Smith Machine we're going to perform a Guillotine Press with a 15 degree incline.

The key here is to set up the incline bench so that the Smith Machine bar lines up with your collarbone. Typically when performing bench press movements, the bar is aligned with our nipple line, however, this Guillotine Press is going to have the bar align with our clavicle to really align maximum tension on the upper chest (clavicular head of the pectoralis major).

Once you're comfortable with the set-up, perform three sets of 10 to 15 reps. You're going to get a great stretch on the upper chest, and this might become one of your favorite exercises.

On your final set, we're going to perform an advanced technique, **partial reps**. Partial reps should be performed once you can no longer utilize a full range of motion on your repetitions. Instead of stopping the set once you're unable to complete full range reps, you're going to perform partial reps in the stretched position. This will be working just through the bottom half (stretched portion of the range of motion).

The Smith Machine is a great tool to perform these half-reps. You don't have to worry about hurting yourself as you can just re-rack the load on a lower setting of the Smith relatively easily and in a safe manner.





C

Flat Dumbbell Press

Sets: 3 Reps: 8

By this point, your upper chest is completely fried. We will move onto Flat Presses with dumbbells. You may have to go lighter than you'd like because the two previous exercises have induced fatigued. Moreover, you are not used to performing a Flat Press as your third exercise of the session.

Select a load you can execute with perfect form. Don't let ego get in the way. Remember, our goal is to train our muscle, not our ego.





D

Decline Machine Press

Sets: 3 Reps: 12 - 15

This is another novel exercise we haven't performed in previous weeks. As you know by now, our training likes to hit the chest from every possible angle so it's only right we utilize a decline press as well.

If your gym doesn't have a specific Decline Machine Press, you can utilize the Smith Machine once again and set up a decline bench there.

The Decline Machine Press is a great way to improve your chest sweep and target the lateral fibers. After performing three sets of 12 to 15 reps, your entire chest will be fried from top to bottom.

E

1. Pec Dec Fly
2. Push Ups

Supersets: 3 Reps: 15 flys then push ups to failure

The final exercises of the day are done in superset fashion. This is going to create a lot of metabolic stress and cell swelling. Two key mechanisms behind muscle growth!

Starting with the isolation exercise of the Pec Dec Fly is a great way to work the chest through it's full range of motion. The Pec Dec also has an equal amount of tension throughout the range of motion, unlike all of the other exercises we've performed today!

Once you complete your flys, get right into body weight Push Ups. Don't rest between these two exercises. Perform as many Push Ups as you can. Once you complete the superset, rest 90 to 120 seconds and perform two more sets! One thing is for sure, you won't be able to perform that many Push Ups after all the agony we just put your chest through this entire workout!









Remember to rest at least 48 hours before moving on to Week 8 Workout 2.

WEEK 8 - WORKOUT 2 - EXERCISE GUIDE

A

Pec Dec Fly

Sets: 2 Reps: 10

We're going to utilize the Pec Dec Fly as a primer again.

The intent behind starting with this isolation movement in this workout is to maximize your mind-muscle connection and warm up the chest.





B

Flat Barbell Bench Press

Sets: 5 Reps: 5

Our primary compound lift for today's workout is the Flat Barbell Bench Press. After eight weeks of running this program, you should be using significantly heavier loads than when you first started.





C

Incline Machine Press with resistance bands

Sets: 4 Reps: 8 - 10

To alter the strength curve and make this exercise more challenging, we're going to utilize accommodating resistance via bands. This is going to make the lockout/end range very difficult. Your upper chest is going to have an epic pump after four sets of 12!

As always maintain proper execution and focus on maximizing chest activation.





D

Dips

Sets: 3 Reps: 10

As previously discussed throughout this eBook, the Dip is a great exercise to hit the lower fibers of your chest, improve chest sweep and overall aesthetics. At this point, you should be very comfortable performing Dips.

Push yourself to progress on this exercise and don't just stick with bodyweight version of this. Ensure that 10th rep is really challenging, so add load as needed to this exercises by utilizing a weight belt or holding onto a dumbbell with your feet.





E

1. Incline Dumbbell Fly - Low to High
2. Incline Dumbbell Fly

Supersets: 2 Reps: 15 per exercise

The first exercise here is very unique and one we haven't performed yet in this program. It's going to really target the upper chest. Because the primary function of your chest's clavicular fibers is to flex the shoulder joint, this low-to-high variation is going to emphasize this upper portion. This is going to require you use light weight, much lighter weight than you'd typically use for a traditional dumbbell fly.

Utilizing the incline bench at 30-45 degrees, start with your arms abducted to about 45 degrees with your palms facing up. In this starting position, you should feel a good stretch in your upper chest as well as front deltoid. From here, initiate the movement by squeezing your upper chest and raising the weight up and across. This exercise looks like a hybrid between a traditional dumbbell front raise and dumbbell chest fly. Really squeeze your chest as your fly up and across your body. Control the weight on the way down and feel a good stretch on the chest.

After performing 15 reps, keep that same exact weight and get into the traditional dumbbell flys on the incline bench. This superset is going to have every fiber of your chest pumped up and stimulated. Finishing with dumbbell flys is a great way to overload the lengthened position of the muscle, create a lot of damage and induce a great pump! Enjoy this new exercise and brutal superset!

LOW TO HIGH





REGULAR FLY







WEEK 09

A different intensity

WE HAVE TO LIMIT THE RISK OF REACHING A PLATEAU AND MAKE SURE WE'RE CONTINUING TO MAKE PROGRESS.

WORK AT A DIFFERENT INTENSITY

This week's training is going to utilize the same exercises and sequence as Week 8. However, we're going to utilize different repetition goals to have you perform these exercises at different intensities. This is going to ensure we're taking advantage of every mechanism of hypertrophy and limiting the risk of plateauing.

Push yourself to beat your Week 8 numbers and after performing some of the novel exercises a second time, you should feel more comfortable with the execution of each exercise. Your mind-muscle connection should be significantly improved.

You're almost at the end of the program. Keep pushing yourself to get better, but don't forgot to stop and smell the roses. You've come a long way since you started!

Your last week is coming up, and we throw some curveballs at you, incorporate some new techniques and test your strength. Rest up and get ready for the final week!

WEEK 9 - WORKOUT STRUCTURE

WORKOUT 1

	Exercise	Sets	Reps
A	Incline Barbell Press	4	8
B	Smith Machine Slight Incline Press	3	10 - 15 + last set to failure with partials
C	Flat Dumbbell Press	3	12
D	Decline Machine Press	2	20
E	Superset 1. Pec Dec Fly 2. Push Ups	 3 3	 15 To failure

WORKOUT 2

	Exercise	Sets	Reps
A	Pec Dec Fly	2	10
B	Flat Barbell Bench	4	10
C	Incline Machine Press with resistance band	4	12
D	Dips	3	10
E	Superset 1. Incline Dumbbell Fly - Low to High 2. Incline Dumbbell Fly	 2 2	 15 15



WEEK 10

A test of strength

THIS IS THE FINAL WEEK. IT'S TIME TO REALLY TEST YOURSELF.

TEST YOUR STRENGTH

It's time for the final week!

We're going to see how far you've come since Day 1 of the program, test your strength and put on some finishing touches to your chest to complete the journey!

WEEK 10 - WORKOUT STRUCTURE

WORKOUT 1

	Exercise	Sets	Reps
A	Pec Dec Fly	3	10
B	Flat Barbell Bench Press	3 warm up sets 1 1 3	10, 5, 3 1RM 3 5
C	Incline Dumbbell Press	3	12
D	Dips	3	12 - 15
E	Superset 1. Incline Dumbbell Fly 2. Push Ups	 2 2	 12 - 15 To failure

WORKOUT 2

	Exercise	Sets	Reps
A	Pec Dec Fly	2	21
B	Flat Dumbbell Bench Press	5	10
C	Smith Machine Guillotine Press	3	10
D	Decline Barbell Bench	3	15
F	Superset		
	1. Cable Fly - High to Low	2	15
	2. Cable Fly - Low to High	2	15
E	Superset		
	1. Incline Dumbbell Fly - Low to High	2	15
	2. Incline Dumbbell Fly	2	Failure

WEEK 10 - WORKOUT 1 - EXERCISE GUIDE

A

Pec Dec Fly

Sets: 3 Reps: 10

Remember, the purpose of this exercise is just to warm-up your chest and maximize your mind-muscle connection. NOT to fatigue it. Perform three easy sets of ten reps as a primer and get ready to test your strength on the Barbell Bench Press next.





B

Flat Barbell Bench Press

Warm Up Sets: 1x10, 1x5, 1x3

Working Sets: 1x1RM, 1x3, 3x5

Today we're going to test your 1 Rep Max (1RM)! A true test of strength. Make sure you have a spotter with you!

Start off with a warm-up set of 10 reps, a warm-up set of 5, and one warm-up set of 3 before testing your 1 Rep Max. It's going to be very important you have a spot with you to keep yourself safe when testing your 1 Rep Max!

After performing your 1 Rep Max, rest for 3 to 5 minutes and perform one set of three reps with maximum effort. After performing those two extremely heavy sets, decrease the load and perform three working sets of five reps.

Congratulations on making epic strength gains from the beginning of this program!





C

Incline Dumbbell Press

Sets: 3 Reps: 12

This exercise has been a staple in this 10-week program. Push yourself today and see how much strength progress you have made since the start. Three sets of 12 reps is going to be a great way to pump up your upper chest!





D

Dips

Sets: 3 Reps: 12 - 15

Pump out these three sets of high-rep Dips to pump up your entire chest and drive in as much blood as possible.





E

1. Incline Dumbbell Fly
2. Push ups

Supersets: 2 Reps: 12 - 15 flys and push ups to failure

This superset is going to be our final exercises of the day and completely finish your chest. As you know, the Dumbbell Fly is a great exercise to overload the stretched position and a common finisher throughout the program.









Remember to rest at least 48 hours before moving on to Week 10 Workout 2.

A

Pec Dec Fly

Sets: 2 Reps: 21

We're going to start this workout with an intense pump up exercise. This is the first time we're utilizing the 21s technique. The way this is performed is by performing 7 partial reps in the fully shortened portion of the range, 7 full reps, and then 7 partial reps in the stretched position!

21 reps is enough to get a pump regardless of how you perform it, but this 21 technique is a nice way to focus on different portions of the range and further enhance your mind-muscle connection.





B

Flat Barbell Bench Press

Set: 5 Reps: 10

We're going to hit some real high volume on the Flat Bench Press today for our last training session of the program! Dig deep and crush 5 sets of 10 reps. Control the negative and explode on the concentric. Good stretch, good squeeze, epic pumps!





C

Smith Machine Slight Incline Guillotine Press

Sets: 3 Reps: 10 + partials on the last set

This exercise is still very novel to you as it was first implemented on Week 8. It's a unique exercise that's great for the upper chest. Utilizing the slight 15 degree incline, perform 3 sets of 10 reps. As previously mentioned, the bar path on the Smith Machine should come down to your collarbone.

On your final set when you can no longer complete full range of motion reps, keep pushing and perform partial reps until complete failure. Safely re-rack the weight once you can no longer complete partial reps in the stretched position.





D

Decline Barbell Bench Press

Set: 3 Reps: 15

After hitting flat and incline presses, it's time to finish off with some decline. These high reps sets are going to pump a lot of blood into your chest. Get a good stretch at the bottom and a hard contraction at the top!





E

1. Cable Fly – High to High
2. Cable Fly – Low to Low

Supersets: 2 Reps: 15 per exercise

Moving onto isolation work is going to completely eliminate any shoulder or tricep assistance and force the chest to do all of the work. Unlike previous weeks, start with the high-to-low fly, and finish with low-to-high flys. The cables are going to provide constant tension throughout the entire range of motion.

HIGH TO LOW





LOW TO HIGH





F

1. Incline Dumbbell Fly
2. Incline Dumbbell Press

Supersets: 2 Reps: 15 flys and press to failure

This final superset is something we've never done before. We're going to start it off with Incline Dumbbell Flys to get a great stretch on the chest. Select an appropriate load to reach your 15 rep goal, after completing 15 reps of flys and being really close to muscular exhaustion, using the same load, go straight into Incline Dumbbell Presses and perform these to failure.

This is going to likely be the lightest weight you've ever pressed, but going straight into it after the flys will be really challenging.

This is your final exercise of the 10 week plan, make it count!

INCLINE FLYS





INCLINE PRESS





YOU HAVE A LOT TO BE PROUD OF

10 WEEK CHEST TRANSFORMATION

Congratulations on completing VOLUME 1 - CHEST of the Official Guide to Aesthetics from Fit Media Channel!

All of the hard work has paid off and significant gains have been made. You have a lot to be proud of. Completing this intense program took a lot of mental fortitude.

You can continue utilizing the principles you've learned in this program in your training moving forward. You can also repeat this program from the start to continue focusing on maximizing your chest progress.

Stay tuned for VOLUME 2 - ARMS of the Official Guide to Aesthetics.

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