

# Chest Workout

"Sore today. Strong Tomorrow"



# **Thank you for purchasing the Fitfully Chic Chest Workout. Enclosed you will find your workout schedule and exercise guide.**

**PROGRESSIVE SET:** A progressive set is where you pyramid up in weight as you reduce your rep range and then reverse the pyramid to return to your starting weight and rep range. For example: You perform an exercise for 15 reps at 50 lbs., you will now add 2.5-5 lbs. and perform 12 reps, then repeat and add another 2.5-5 lbs. and perform 8 reps. After completing 10 reps at your highest weight you keep the weight the same and perform another 10 reps, then reduce the weight by 2.5-5 lbs. and perform 12 reps, and finally return to your starting weight and perform 15 reps.

**SUPER SET:** A super set is comprised of 2 exercises A & B performed back to back with no rest for a prescribed rep range. Then taking a 20 – 30 seconds rest before starting the next set.

An example of how this technique is executed would be as follows: You choose your starting weight for both exercises and perform exercise A for 15 reps, then immediately perform exercise B for 15 reps. You now take a few seconds to add 2.5-5 lbs. to each exercise and perform 12 reps for exercises A & B and so forth until the prescribed set/rep range is met.

**PROGRESSIVE SUPER SET:** In a progressive super set you combine both of the above techniques. You perform 2 exercises A & B back to back for each like rep range as you pyramid up in weight 2.5-5 lbs. for each set and then reverse after your lowest rep range until you return to your starting weight.

**SINGLE SET:** A single set is comprised of one single exercise performed for a prescribed rep and set range. This is an example of how this type of set is executed. You have one single exercise, perform the movement for the prescribed amount of reps and then rest for 30 seconds before moving on to the next set. Repeat this cycle until you achieve the prescribed rep/set range.



# Exercise Guide

**DUMBBELL INCLINE BENCH PRESS:** 1. Set an adjustable bench to an incline of 30 degrees. Lie on your back on the bench and hold a pair of dumbbells directly above your shoulders with your arms fully extended and your palms facing each other. Lower both dumbbells to the sides of your chest. Pause, and then press the dumbbells back to the starting position keeping your elbows in close to your sides. Then repeat.

**DUMBBELL FLAT BENCH PRESS:** 1. Set an adjustable bench to an incline of 0 degrees or flat. Lie on your back on the bench and hold a pair of dumbbells directly above your shoulders with your arms fully extended and your palms facing each other. 2. Lower both dumbbells to the sides of your chest. Pause, and then press the dumbbells back to the starting position keeping your elbows in close to your sides. Then repeat.

**DECLINE BARBELL PRESS:** 1. Secure your legs at the end of the decline bench and slowly lay down on the bench. 2. Using a medium width grip (a grip that creates a 90-degree angle in the middle of the movement between the forearms and the upper arms), lift the bar from the rack and hold it straight over you with your arms locked. The arms should be perpendicular to the floor. This will be your starting position. 3. As you breathe in, come down slowly until you feel the bar on your lower chest. 4. After a second pause, bring the bar back to the starting position as you breathe out and push the bar using your chest muscles. Lock your arms and squeeze your chest in the contracted position, hold for a second and then start coming down slowly again.

**SINGLE ARM INCLINE PRESS:** 1. Set an adjustable bench to an incline of 30 degrees. Lie on your back on the bench and hold a single dumbbell directly above your shoulder with your arm fully extended and your palms facing in. 2. Lower dumbbell to the side of your chest. Pause, and then press the dumbbell back to the starting position keeping your elbow in close to your sides. Switch arms and repeat for prescribed amount of repetitions.

**DUMBBELL FLOOR PRESS:** 1. Lay on the floor holding dumbbells in your hands. Your knees can be bent. Begin with the weights fully extended above you. 2. Lower the weights until your upper arm comes in contact with the floor. To put optimal focus on your chest angle your arms to the side. 3. Pause at the bottom, and then bring the weight together at the top by extending through the elbows.

**DUMBBELL FLOOR FLY:** 1. Lay on the floor holding dumbbells in your hands. Your knees can be bent. Begin with the weights fully extended above you. Lower both weights down in an arch only allowing your elbows a micro bend; stopping at once your arm makes contact with the floor. 3. Pause at bottom then return to top of press position and repeat.

**MACHINE FLY:** 1. Sit on the machine with your back flat on the pad. 2. Take hold of the handles. Tip: Your upper arms should be positioned parallel to the floor; adjust the machine accordingly. This will be your starting position. 3. Push the handles together slowly as you squeeze your chest in the middle. Breathe out during this part of the motion and hold the contraction for a second. 4. Return back to the starting position slowly as you inhale until your chest muscles are fully stretched. 5. Repeat for the recommended amount of repetitions.

**WIDE PUSH UP:** 1. Lie on the floor face down and place your hands about 48 inches apart while holding your torso up at arms length, keeping your feet together. This will be your starting position. 2. Lower yourself downward until your chest almost touches the floor as you inhale, breathe out and press your upper body back up to the starting position while squeezing your chest. Pause at top and repeat.

**DUMBBELL CLOSE GRIP PRESS:** 1. Lay on a flat bench with dumbbells at your side's palms facing each other. Press weights up straight above your chest bringing them together at the top of the movement. 2. Lower the weights to your chest keeping them together, stopping 1 inch above your chest. Press the weight back up using your triceps. 3. Repeat movement for prescribed amount of repetitions

**DUMBBELL PULL OVER:** 1. Place a dumbbell standing up on a flat bench. Ensuring that the dumbbell stays securely placed at the top of the bench, lie perpendicular to the bench (torso across it as in forming a cross) with only your shoulders lying on the surface. Hips should be below the bench and legs bent with feet firmly on the floor. The head will be off the bench as well. 2. Grasp the dumbbell with both hands and hold it straight over your chest with a bend in your arms. Both palms should be pressing against the underside one of the sides of the dumbbell. This will be your starting position. Caution: Always ensure that the dumbbell used for this exercise is secure. Using a dumbbell with loose plates can result in the dumbbell falling apart and falling on your face. 3. While keeping your arms locked in the bent arm position, lower the weight slowly in an arc behind your head while breathing in until you feel a stretch on the chest. 4. At that point, bring the dumbbell back to the starting position using the arc through which the weight was lowered and exhale as you perform this movement. 5. Hold the weight on the initial position for a second and repeat the movement

# REPS

# EXERCISE

## Progressive Set

15	DB Incline Bench Press
12	DB Incline Bench Press
10	DB Incline Bench Press
10	DB Incline Bench Press
12	DB Incline Bench Press
15	DB Incline Bench Press

## Progressive Set

15	DB Flat Bench Press
12	DB Flat Bench Press
10	DB Flat Bench Press
10	DB Flat Bench Press
12	DB Flat Bench Press
15	DB Flat Bench Press

## Single Set

- 15 Decline Barbell Press
- 15 Decline Barbell Press
- 15 Decline Barbell Press
- 15 Decline Barbell Press

## Progressive Super Set

- 20 Iso Incline Press, L  
Iso Incline Press, R
- 15 Iso Incline Press, L  
Iso Incline Press, R
- 10 Iso Incline Press, L  
Iso Incline Press, R
- 8 Iso Incline Press, L  
Iso Incline Press, R



## Super Set

15 DB Floor Press  
DB Floor Fly

15 DB Floor Press  
DB Floor Fly

15 DB Floor Press  
DB Floor Fly

15 DB Floor Press  
DB Floor Fly

## Progressive Set

15 Machine Chest Fly

12 Machine Chest Fly

10 Machine Chest Fly

8 Machine Chest Fly

## Super Set

15            Wide Push Up  
              DB Close Grip Press

15            Wide Push Up  
              DB Close Grip Press

15            Wide Push Up  
              DB Close Grip Press

15            Wide Push Up  
              DB Close Grip Press

## Single Set

15            DB Pull Over

15            DB Pull Over

15            DB Pull Over

15            DB Pull Over