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CHEST BUILDING 101

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INTRODUCTION TO CHEST BUILDING 101

A new course is available at 'Weik University' on building a massive chest. Those interested in sitting through an easy course, no need to look any further because class has just begun. Everyone is guaranteed an 'A' for the course as long as you sit through the course and pay attention (you can take notes if you wish). From there, all you have to do is take what you learned from the course and utilize it in the gym for massive chest gains. Let's start with the basics in Chapter 1, and then get into more detail later on in the course.

CHAPTER 1:

ANATOMY OF THE CHEST

Let's start off by explaining the anatomy of the chest. It's not very complicated and not much to it. Once you understand how the chest works, you will find it easier to visualize your chest workouts.

The chest is made up of two muscles: the *pectoralis major* and the *pectoralis minor*.

The 'pecs' are found attached to the *humerus* of the arm, right near where the shoulder joint is. They then run across the front of the body and originate on the breastbone (picture a chicken breast). The *pectoralis major* is attached to the front of the body on the rib cage. The *pectoralis minor* is found underneath the *pectoralis major*. It originates on the ribs and attaches up to the *scapula*, specifically at the *coracoid process*.

The *pectoralis major* brings the *humerus* across the body while the *pectoralis minor* moves the shoulders forward. Together, you get the bench press movement.

Like I said before, once you understand how everything works it makes it much easier to visualize the muscle fibres contracting during each set. When you have a good mind-muscle connection you get more out of each rep. Too many people try to load on a weight that they can't handle and end up using more accessory muscles rather than the chest alone. That's fine if you are trying to impress chicks, but in terms of results it's not very efficient.

CHAPTER 2:

DIFFERENT PARTS OF THE CHEST

When hitting the chest you have three different areas that you want to hit hard with compound movements. You have the upper chest, mid chest, and lower chest.

The upper chest is something that some gym rats forget about. The best exercise for hitting the upper chest is incline barbell presses. For this you want to have the bench on an incline where you can specifically feel it working your upper chest. Different people feel the exercise at different angles (45 degrees works for most people), so the best thing to do is try different angles to see what works for you. If you feel the exercise more towards the middle of your chest then you have the angle too low and it will feel more like a flat bench press. On the flip side, if

Cable crossovers.



Jason Mathias

you feel the exercise more in your shoulders, then you have the angle too high and you need to decrease the angle.

The mid chest is hit with one famous exercise, the bench press. Everyone does it in the gym (unless you are injured, have a disability, or simply have no idea what you are doing in the gym). Too many people are in the gym trying to impress everyone with how much they can bench, yet more than half of them are doing the exercise incorrectly and could cause serious injury to themselves.



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Bench press.

DIFFERENT CHEST EXERCISES

Flat barbell bench press
Flat dumbbell bench press
Incline barbell bench press
Incline dumbbell bench press
Decline barbell bench press
Decline dumbbell bench press
Flat bench dumbbell flies
Incline bench dumbbell flies
Decline bench dumbbell flies
Flat dumbbell press on the stability ball
Flat dumbbell fly on the stability ball
Flat cable machine fly on the stability ball
Smith machine flat bench press
Smith machine incline bench press
Smith machine decline bench press
Machine fly
Pec deck
Cable machine flat bench fly
Cable machine incline bench fly
Cable machine decline bench fly

The famous question, "What do you bench?" is heard around the gym more than any other, and I cringe at the sound of it. Not because I don't care what they bench, but because I know that person is one of the many that I mentioned above that are probably performing the exercise incorrectly. So let me say it once and get it over with: It's not about how much weight you can lift, leave your ego at the door and concentrate on feeling the weight and using the correct form.

An exercise that involves no weights that hits the mid-chest is the push-up. These are great when you can't get to the gym or you want to pump up a little bit.

The lower chest, I believe, is the most neglected portion of the chest. When you look at the best chests in bodybuilding you notice from top to bottom the chest is well developed and full. If someone neglects the lower portion of their chest you will notice fullness in the upper half but below mid-chest they will be flat and without the roundness at the bottom portion. Doing decline presses as well as dips can develop the lower chest.



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Bodyweight push-ups (different hand positions)
 Weighted push-ups (different hand positions)
 Bodyweight incline push-ups on the stability ball
 (different hand positions)
 Bodyweight dips
 Assisted dips
 Weighted dips
 Pullovers

CHAPTER 4:

MASS BUILDING CHEST WORKOUTS

WORKOUT #1

Incline barbell bench press 3 x 8-12
 Flat barbell bench press 3 x 8-12
 Decline barbell bench press 3 x 8-12
 Incline bench dumbbell fly 3 x 15
 Flat bench dumbbell fly 3 x 15

WORKOUT #2

Incline dumbbell press 3 x 8-12
 Flat dumbbell press 3 x 8-12
 Decline dumbbell press 3 x 8-12
 Incline cable fly 3 x 15
 Flat cable fly 3 x 15

WORKOUT #3

Incline dumbbell press 3 x 8-12
 Flat barbell bench press 3 x 8-12
 Dips 3 x 8-12
 Incline dumbbell fly 3 x 15
 Machine fly 3 x 15

WORKOUT #4 (bodyweight workout)

Bodyweight incline push-ups on
 stability ball 5 x 8-12
 Bodyweight push-ups 5 x 8-12
 Bodyweight dips 5 x 8-12

WORKOUT #5 (Smith machine workout)

Smith machine incline bench press 5 x 8-12
 Smith machine flat bench press 5 x 8-12
 Smith machine decline bench press 5 x 8-12

COURSE CONCLUSION

When it comes down to it you want to focus on the mind-muscle connection. You should really feel each rep and feel the muscle working. If you don't feel an exercise in your chest, then you are probably doing it wrong or are using a weight that you can't handle and are using more than just your chest.

Make sure you are hitting each part of the chest equally (unless your chest isn't balanced

and you need to work on one section more). Focus on compound movements for the upper, mid, and lower chest. Then utilize shaping movements such as flyes to finish out your chest workout.

Most of all have fun with your workouts. If you aren't having fun, then what's the point? Utilize what you learned in this course and see where it takes you. Good luck and see you at graduation!

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NOTE: Weik University is not a real college and therefore this is not a real course. The materials found in this article are those of the author and will not count as college credits (sorry!)



Incline dumbbell flyes.

Irvin Galb