

CHEST WORKOUT 5150

Warm-Up:

Start with a light warm-up comprising 5-10 minutes of cardio or dynamic stretching targeting the chest, shoulders, and arms.

Main Workout:

1. Incline Bench Press

- Perform 12 sets of 6 to 30 reps.
- Use a weight that is approximately 50% of your one-rep max for the Flat Bench Press.
- Rest for a short duration between sets, aiming to maintain intensity and pump.

2. Pushups

- After completing the Incline Bench Press sets, perform as many pushups as you can in one set.
- Focus on maintaining proper form and perform the pushups as quickly as possible while keeping control.

3. Flat Bench Press

- Perform 6 sets of 6 to 30 reps.
- Again, use a weight that is approximately 50% of your one-rep max for the Flat Bench Press.
- Rest briefly between sets to maintain intensity.

4. Pushups

- Similar to earlier, perform as many pushups as possible and as quickly as you can after the Flat Bench Press sets.

5. Decline Bench Press

- Perform 12 sets of 6 to 30 reps.
- Use a weight that is around 50% of your one-rep max for the Flat Bench Press.
- Maintain a consistent pace and focus on engaging the chest muscles.

6. Pushups

- After completing the Decline Bench Press sets, perform another set of pushups, aiming for maximum repetitions.

Cooldown:

After completing the workout, cool down with static stretching targeting the chest, shoulders, and arms.

Schedule:

Perform this workout regimen once a week, ensuring proper recovery between sessions. Allow at least 48 hours of rest before targeting the same muscle groups again.

Important Note:

- Maintain proper form and technique throughout the exercises to prevent injury.
- Adjust the weight used based on your strength level to ensure you can complete the prescribed reps with proper form.
- Listen to your body and stop if you experience any pain or discomfort.

This workout aims to challenge your chest muscles with a high volume of repetitions and varied exercises. Focus on progressively challenging yourself over time by increasing reps or weight as your strength and endurance improve.