

# **Chest Specialization Workout Phase**

## **Week 1 Chest Specialization Phase (Monday's)**

### **Chest**

**NOTE:** The first day will not seem like a lot but you will be doing a lot of sets with longer rest periods. The reason for this type of workout is to develop strength. You will be doing chest 3 days in a row.

Monday-Tuesday-Wednesday. **Every 2 weeks the rep pattern WILL change.**

#### **1. Flat Barbell Chest Press 8 sets of 4-6 reps**

Do the heaviest weight you can perform. Rest for 3 minutes between sets.

#### **2. Incline Dumbbell Chest Press 5 sets of 6-8 reps.**

Do the heaviest weight you can perform. Rest for 2 minutes between sets.

#### **3. Decline Barbell Chest Press 5 sets of 6-8 reps.**

Do the heaviest weight you can perform. Rest for 90 seconds between sets.

## **Week 1 Chest (Tuesday's)**

### **Chest**

#### **1. Decline Dumbbell Chest Press 6 sets 12, 10, 8, 8, 12 (Reps)**

Do the heaviest weight you can perform. Rest for 2 minutes between sets.

**2. Incline Barbell Chest Press 6 sets 12, 10, 8, 8, 12 (Reps)**

Do the heaviest weight you can perform. Rest for 90 seconds between sets.

**3. Sitting Pec Dec Flye 6 sets 12, 10, 8, 8, 12 (Reps)**

Do the heaviest weight you can perform. Rest for 75 seconds between sets.

**4. Flat Bench Dumbbell Flye 6 sets 12, 10, 8, 8, 12 (Reps)**

Do the heaviest weight you can perform. Rest for 75 seconds between sets.

**Week 1 Chest (Wednesday's)**

Chest

NOTE: On this day you will do super-sets except for the last one. You will do 4 sets on each exercise within the super-set.

**1. Low Incline Dumbbell Chest Press (Set the bench almost flat but one notch up) Super-Set with Standing Cable Flye**

**A1. Low Incline Dumbbell Chest Press 4 sets 10-12 reps**

Rest for 10 seconds and move on to the following exercise below:

**A2. Standing Cable Flye 4 sets 15-20 reps**

Rest for 2 minutes and move on to the previous exercise.

**2. Dips Super-Set with Low to High to Low Seated Cable Flyes**

**B1. Dips 4 sets 10 -12 reps**

Rest for 10 seconds and move on to the following exercise below:

**B2. High to Low Seated Cable Flyes 15-20 reps**

Rest for 2 minutes and move on to the previous exercise.

**3. Dumbbell Bench Press Super-Set with Incline Dumbbell Flyes.**

**C1. Dumbbell Bench Press 4 sets 10-12 reps.**

Rest for 10 seconds and move on to the following exercise below:

**C2. Incline Dumbbell Flyes 4 sets 15-20**

Rest for 2 minutes and move on to the previous exercise.

**D. Pushups 50 total reps (rest no more than 10 seconds at a time)**

**Thursday Rest Day**

**Week 1 Legs (Friday's)**

*Quad & Ham*

**1. Leg Press 3 Sets 12-15 Reps**

Rest 2 minutes between sets

**2. Dumbbell Lunge 3 Sets 8-10 Reps**

Rest 75 seconds between sets.

**3. Lying Leg Curls 3 Sets 12-15 Reps**

Rest 90 seconds between rest

## **Week 1 /Shoulders/Arms/Back/ABS/Maintenance (Saturday's)**

### *Shoulders*

#### **1. Seated Machine Press 3 Sets 12-15 Reps**

Rest 90 seconds between rest

#### **2. One Arm Cable Row 3 Sets 12-15 Reps**

Rest 90 seconds between rest

#### **3. Ez Bar Curls 3 Sets 12-15 Reps**

Rest 60 seconds between rest

#### **4. Tricep Rope Press Down Extensions 3 Sets 12-15 Reps**

Rest 60 seconds between rest

### *ABS Super-Set*

Rest 60 Seconds Between Rounds. 3 Rounds Total

#### **a. 5 Hanging Leg Raises**

#### **b. 10 Stability Ball Crunch with Rope**

#### **c. 10 Rollouts with wheel or Stability Ball**

#### **d. 30 Second Side Planks**

## **Sunday Rest Day**

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## **Week 2 Chest Specialization Phase (Monday's)**

## Chest

NOTE: The first day will not seem like a lot but you will be doing a lot of sets with longer rest periods. The reason for this type of workout is to develop strength. You will be doing chest 3 days in a row. Monday-Tuesday-Wednesday.

### **1. Flat Barbell Chest Press 8 sets of 4-6 reps**

Do the heaviest weight you can perform. Rest for 3 minutes between sets.

### **2. Incline Dumbbell Chest Press 5 sets of 6-8 reps.**

Do the heaviest weight you can perform. Rest for 2 minutes between sets.

### **3. Decline Barbell Chest Press 5 sets of 6-8 reps.**

Do the heaviest weight you can perform. Rest for 90 seconds between sets.

## **Week 2 Chest (Tuesday's)**

## Chest

### **1. Decline Dumbbell Chest Press 6 sets 12, 10, 8, 8, 12 (Reps)**

Do the heaviest weight you can perform. Rest for 2 minutes between sets.

### **2. Incline Barbell Chest Press 6 sets 12, 10, 8, 8, 12 (Reps)**

Do the heaviest weight you can perform. Rest for 90 seconds between sets.

### **3. Sitting Pec Dec Flye 6 sets 12, 10, 8, 8, 12 (Reps)**

Do the heaviest weight you can perform. Rest for 75 seconds between sets.

**4. Flat Bench Dumbbell Flye 6 sets 12, 10, 8, 8, 12 (Reps)**

Do the heaviest weight you can perform. Rest for 75 seconds between sets.

**Week 2 Chest (Wednesday's)**

Chest

NOTE: On this day you will do super-sets except for the last one. You will do 4 sets on each exercise within the super-set.

**1. Low Incline Dumbbell Chest Press (Set the bench almost flat but one notch up) Super-Set with Standing Cable Flye**

**A1. Low Incline Dumbbell Chest Press 4 sets 10-12 reps**

Rest for 10 seconds and move on to the following exercise below:

**A2. Standing Cable Cable Flye 4 sets 15-20 reps**

Rest for 2 minutes and move on to the previous exercise.

**2. Dips Super-Set with High to Low Seated Cable Flyes**

**B1. Dips 4 sets 10 -12 reps**

Rest for 10 seconds and move on to the following exercise below:

**B2. High to Low Seated Cable Flyes 15-20 reps**

Rest for 2 minutes and move on to the previous exercise.

### **3. Dumbbell Bench Press Super-Set with Incline Dumbbell Flyes.**

#### **C1. Dumbbell Bench Press 4 sets 10-12 reps.**

Rest for 10 seconds and move on to the following exercise below:

#### **C2. Incline Dumbbell Flyes 4 sets 15-20**

Rest for 2 minutes and move on to the previous exercise.

#### **D. Pushups 50 total reps (rest no more than 10 seconds at a time)**

### **Thursday Rest Day**

### **Week 2 Legs (Friday's)**

#### *Quad & Ham*

#### **1. Leg Press 3 Sets 12-15 Reps**

Rest 2 minutes between sets

#### **2. Dumbbell Lunge 3 Sets 8-10 Reps**

Rest 75 seconds between sets.

#### **3. Lying Leg Curls 3 Sets 12-15 Reps**

Rest 90 seconds between rest

### **Week 2 /Shoulders/Arms/Back/ABS/Maintenance (Saturday's)**

#### *Shoulders*

#### **1. Seated Machine Press 3 Sets 12-15 Reps**

Rest 90 seconds between rest

**2. One Arm Cable Row 3 Sets 12-15 Reps**

Rest 90 seconds between rest

**3. Ez Bar Curls 3 Sets 12-15 Reps**

Rest 60 seconds between rest

**4. Tricep Rope Press Down Extensions 3 Sets 12-15 Reps**

Rest 60 seconds between rest

*ABS Super-Set*

Rest 60 Seconds Between Rounds. 3 Rounds Total

**a. 5 Hanging Leg Raises**

**b. 10 Stability Ball Crunch with Rope**

**c. 10 Rollouts with wheel or Stability Ball**

**d. 30 Second Side Planks**

**Sunday Rest Day**

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**Week 3 Chest Specialization Phase (Monday's)**

*Chest*

NOTE: The first day will not seem like a lot but you will be doing a lot of sets with longer rest periods. The reason for this type of workout is to develop strength. You will be doing chest 3 days in a row.

Monday-Tuesday-Wednesday.



**1. Flat Barbell Chest Press 8 sets of 3-5 reps**

Do the heaviest weight you can perform. Rest for 3 minutes between sets.

**2. Incline Dumbbell Chest Press 5 sets of 5-7 reps.**

Do the heaviest weight you can perform. Rest for 2 minutes between sets.

**3. Decline Barbell Chest Press 5 sets of 5-7 reps.**

Do the heaviest weight you can perform. Rest for 90 seconds between sets.

**Week 3 Chest (Tuesday's)**

*Chest*

**1. Decline Dumbbell Chest Press 6 sets 10, 8, 6, 6, 10 (Reps)**

Do the heaviest weight you can perform. Rest for 2 minutes between sets.

**2. Incline Barbell Chest Press 6 sets 10, 8, 6, 6, 10 (Reps)**

Do the heaviest weight you can perform. Rest for 90 seconds between sets.

**3. Sitting Pec Dec Flye 6 sets 10, 8, 6, 6, 10 (Reps)**

Do the heaviest weight you can perform. Rest for 75 seconds between sets.

**4. Flat Bench Dumbbell Flye 6 sets 10, 8, 6, 6, 10 (Reps)**

Do the heaviest weight you can perform. Rest for 75 seconds between sets.

## **Week 3 Chest (Wednesday's)**

### Chest

NOTE: On this day you will do super-sets except for the last one. You will do 4 sets on each exercise within the super-set.

#### **1. Low Incline Dumbbell Chest Press (Set the bench almost flat but one notch up) Super-Set with Standing Cable Flye**

##### **A1. Low Incline Dumbbell Chest Press 4 sets 8-10 reps**

Rest for 10 seconds and move on to the following exercise below:

##### **A2. Standing Cable Cable Flye 4 sets 12-15 reps**

Rest for 2 minutes and move on to the previous exercise.

#### **2. Dips Super-Set with Low to High to Low Seated Cable Flyes**

##### **B1. Dips 4 sets 8 -10 reps**

Rest for 10 seconds and move on to the following exercise below:

##### **B2. High to Low Seated Cable Flyes 12-15 reps**

Rest for 2 minutes and move on to the previous exercise.

#### **3. Dumbbell Bench Press Super-Set with Incline Dumbbell Flyes.**

##### **C1. Dumbbell Bench Press 4 sets 8-10 reps.**

Rest for 10 seconds and move on to the following exercise below:

**C2. Incline Dumbbell Flyes 4 sets 12-15**

Rest for 2 minutes and move on to the previous exercise.

**D. Pushups 50 total reps (rest no more than 10 seconds at a time)**

**Thursday Rest Day**

**Week 3 Legs (Friday's)**

*Quad & Ham*

**1. Leg Press 3 Sets 10-12 Reps**

Rest 2 minutes between sets

**2. Dumbbell Lunge 3 Sets 8-10 Reps**

Rest 75 seconds between sets.

**3. Lying Leg Curls 3 Sets 10-12 Reps**

Rest 90 seconds between rest

**Week 3 /Shoulders/Arms/Back/ABS/Maintenance (Saturday's)**

*Shoulders*

**1. Seated Machine Press 3 Sets 10-12 Reps**

Rest 90 seconds between rest

**2. One Arm Cable Row 3 Sets 10-12 Reps**

Rest 90 seconds between rest

**3. Ez Bar Curls 3 Sets 10-12 Reps**

Rest 60 seconds between rest

**4. Tricep Rope Press Down Extensions 3 Sets 10-12 Reps**

Rest 60 seconds between rest

*ABS Super-Set*

Rest 60 Seconds Between Rounds. 3 Rounds Total

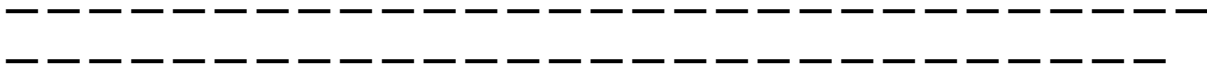
**a. 5 Hanging Leg Raises**

**b. 10 Stability Ball Crunch with Rope**

**c. 10 Rollouts with wheel or Stability Ball**

**d. 30 Second Side Planks**

**Sunday Rest Day**



**Week 4 Chest Specialization Phase (Monday's)**

*Chest*

NOTE: The first day will not seem like a lot but you will be doing a lot of sets with longer rest periods. The reason for this type of workout is to develop strength. You will be doing chest 3 days in a row.

Monday-Tuesday-Wednesday.

**1. Flat Barbell Chest Press 8 sets of 3-5 reps**

Do the heaviest weight you can perform. Rest for 3 minutes between sets.

**2. Incline Dumbbell Chest Press 5 sets of 5-7 reps.**

Do the heaviest weight you can perform. Rest for 2 minutes between

sets.

**3. Decline Barbell Chest Press 5 sets of 5-7 reps.**

Do the heaviest weight you can perform. Rest for 90 seconds between sets.

## **Week 4 Chest (Tuesday's)**

### *Chest*

**1. Decline Dumbbell Chest Press 6 sets 10, 8, 6, 6, 10 (Reps)**

Do the heaviest weight you can perform. Rest for 2 minutes between sets.

**2. Incline Barbell Chest Press 6 sets 10, 8, 6, 6, 10 (Reps)**

Do the heaviest weight you can perform. Rest for 90 seconds between sets.

**3. Sitting Pec Dec Flye 6 sets 10, 8, 6, 6, 10 (Reps)**

Do the heaviest weight you can perform. Rest for 75 seconds between sets.

**4. Flat Bench Dumbbell Flye 6 sets 10, 8, 6, 6, 10 (Reps)**

Do the heaviest weight you can perform. Rest for 75 seconds between sets.

## **Week 4 Chest (Wednesday's)**

## Chest

NOTE: On this day you will do super-sets except for the last one. You will do 4 sets on each exercise within the super-set.

### **1. Low Incline Dumbbell Chest Press (Set the bench almost flat but one notch up) Super-Set with Standing Cable Flye**

#### **A1. Low Incline Dumbbell Chest Press 4 sets 8-10 reps**

Rest for 10 seconds and move on to the following exercise below:

#### **A2. Standing Cable Cable Flye 4 sets 12-15 reps**

Rest for 2 minutes and move on to the previous exercise.

### **2. Dips Super-Set with Low to High to Low Seated Cable Flyes**

#### **B1. Dips 4 sets 8 -10 reps**

Rest for 10 seconds and move on to the following exercise below:

#### **B2. High to Low Seated Cable Flyes 12-15 reps**

Rest for 2 minutes and move on to the previous exercise.

### **3. Dumbbell Bench Press Super-Set with Incline Dumbbell Flyes.**

#### **C1. Dumbbell Bench Press 4 sets 8-10 reps.**

Rest for 10 seconds and move on to the following exercise below:

#### **C2. Incline Dumbbell Flyes 4 sets 12-15**

Rest for 2 minutes and move on to the previous exercise.

#### **D. Pushups 50 total reps (rest no more than 10 seconds at a time)**

**Thursday Rest Day**

## **Week 4 Legs (Friday's)**

### *Quad & Ham*

#### **1. Leg Press 3 Sets 10-12 Reps**

Rest 2 minutes between sets

#### **2. Dumbbell Lunge 3 Sets 8-10 Reps**

Rest 75 seconds between sets.

#### **3. Lying Leg Curls 3 Sets 10-12 Reps**

Rest 90 seconds between rest

## **Week 4 /Shoulders/Arms/Back/ABS/Maintenance (Saturday's)**

### *Shoulders*

#### **1. Seated Machine Press 3 Sets 10-12 Reps**

Rest 90 seconds between rest

#### **2. One Arm Cable Row 3 Sets 10-12 Reps**

Rest 90 seconds between rest

#### **3. Ez Bar Curls 3 Sets 10-12 Reps**

Rest 60 seconds between rest

#### **4. Tricep Rope Press Down Extensions 3 Sets 10-12 Reps**

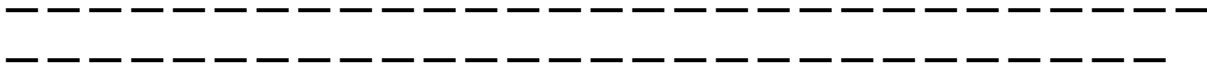
Rest 60 seconds between rest

### *ABS Super-Set*

Rest 60 Seconds Between Rounds. 3 Rounds Total

- a. 5 Hanging Leg Raises**
- b. 10 Stability Ball Crunch with Rope**
- c. 10 Rollouts with wheel or Stability Ball**
- d. 30 Second Side Planks**

## Sunday Rest Day



## Week 5 Chest Specialization Phase (Monday's)

### Chest

NOTE: The first day will not seem like a lot but you will be doing a lot of sets with longer rest periods. The reason for this type of workout is to develop strength. You will be doing chest 3 days in a row.

Monday-Tuesday-Wednesday.

#### **1. Flat Barbell Chest Press 8 sets of 2-4 reps**

Do the heaviest weight you can perform. Rest for 3 minutes between sets.

#### **2. Incline Dumbbell Chest Press 5 sets of 4-6 reps.**

Do the heaviest weight you can perform. Rest for 2 minutes between sets.

#### **3. Decline Barbell Chest Press 5 sets of 4-6 reps.**

Do the heaviest weight you can perform. Rest for 90 seconds between sets.



## Week 5 Chest (Tuesday's)

### Chest

#### **1. Decline Dumbbell Chest Press 6 sets 8, 6, 4, 4, 8 (Reps)**

Do the heaviest weight you can perform. Rest for 2 minutes between sets.

#### **2. Incline Barbell Chest Press 6 sets 8, 6, 4, 4, 8 (Reps)**

Do the heaviest weight you can perform. Rest for 90 seconds between sets.

#### **3. Sitting Pec Dec Flye 6 sets 8, 6, 4, 4, 8 (Reps)**

Do the heaviest weight you can perform. Rest for 75 seconds between sets.

#### **4. Flat Bench Dumbbell Flye 6 sets 8, 6, 4, 4, 8 (Reps)**

Do the heaviest weight you can perform. Rest for 75 seconds between sets.

## Week 5 Chest (Wednesday's)

### Chest

NOTE: On this day you will do super-sets except for the last one. You will do 4 sets on each exercise within the super-set.

#### **1. Low Incline Dumbbell Chest Press (Set the bench almost flat but one notch up) Super-Set with Standing Cable Flye**

**A1. Low Incline Dumbbell Chest Press 4 sets 7-9 reps**

Rest for 10 seconds and move on to the following exercise below:

**A2. Standing Cable Cable Flye 4 sets 10-12 reps**

Rest for 2 minutes and move on to the previous exercise.

**2. Dips Super-Set with Low to High to Low Seated Cable Flyes**

**B1. Dips 4 sets 7 -9 reps**

Rest for 10 seconds and move on to the following exercise below:

**B2. High to Low Seated Cable Flyes 10-12 reps**

Rest for 2 minutes and move on to the previous exercise.

**3. Dumbbell Bench Press Super-Set with Incline Dumbbell Flyes.**

**C1. Dumbbell Bench Press 4 sets 7-9 reps.**

Rest for 10 seconds and move on to the following exercise below:

**C2. Incline Dumbbell Flyes 4 sets 10-12**

Rest for 2 minutes and move on to the previous exercise.

**D. Pushups 50 total reps (rest no more than 10 seconds at a time)**

**Thursday Rest Day**

**Week 5 Legs (Friday's)**

**Quad & Ham**

**1. Leg Press 3 Sets 8-10 Reps**

Rest 2 minutes between sets

**2. Dumbbell Lunge 3 Sets 7-9 Reps**

Rest 75 seconds between sets.

**3. Lying Leg Curls 3 Sets 8-10 Reps**

Rest 90 seconds between rest

**Week 5 /Shoulders/Arms/Back/ABS/Maintenance (Saturday's)**

*Shoulders*

**1. Seated Machine Press 3 Sets 8-10 Reps**

Rest 90 seconds between rest

**2. One Arm Cable Row 3 Sets 8-10 Reps**

Rest 90 seconds between rest

**3. Ez Bar Curls 3 Sets 8-10 Reps**

Rest 60 seconds between rest

**4. Tricep Rope Press Down Extensions 3 Sets 8-10 Reps**

Rest 60 seconds between rest

*ABS Super-Set*

Rest 60 Seconds Between Rounds. 3 Rounds Total

**a. 5 Hanging Leg Raises**

**b. 10 Stability Ball Crunch with Rope**

**c. 10 Rollouts with wheel or Stability Ball**

**d. 30 Second Side Planks**

## Sunday Rest Day

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## Week 6 Chest Specialization Phase (Monday's)

### Chest

NOTE: The first day will not seem like a lot but you will be doing a lot of sets with longer rest periods. The reason for this type of workout is to develop strength. You will be doing chest 3 days in a row.

Monday-Tuesday-Wednesday.

#### **1. Flat Barbell Chest Press 8 sets of 2-4 reps**

Do the heaviest weight you can perform. Rest for 3 minutes between sets.

#### **2. Incline Dumbbell Chest Press 5 sets of 4-6 reps.**

Do the heaviest weight you can perform. Rest for 2 minutes between sets.

#### **3. Decline Barbell Chest Press 5 sets of 4-6 reps.**

Do the heaviest weight you can perform. Rest for 90 seconds between sets.

## Week 6 Chest (Tuesday's)

### Chest

#### **1. Decline Dumbbell Chest Press 6 sets 8, 6, 4, 4, 8 (Reps)**

Do the heaviest weight you can perform. Rest for 2 minutes between sets.

**2. Incline Barbell Chest Press 6 sets 8, 6, 4, 4, 8 (Reps)**

Do the heaviest weight you can perform. Rest for 90 seconds between sets.

**3. Sitting Pec Dec Flye 6 sets 8, 6, 4, 4, 8 (Reps)**

Do the heaviest weight you can perform. Rest for 75 seconds between sets.

**4. Flat Bench Dumbbell Flye 6 sets 8, 6, 4, 4, 8 (Reps)**

Do the heaviest weight you can perform. Rest for 75 seconds between sets.

**Week 6 Chest (Wednesday's)**

Chest

NOTE: On this day you will do super-sets except for the last one. You will do 4 sets on each exercise within the super-set.

**1. Low Incline Dumbbell Chest Press (Set the bench almost flat but one notch up) Super-Set with Standing Cable Flye**

**A1. Low Incline Dumbbell Chest Press 4 sets 7-9 reps**

Rest for 10 seconds and move on to the following exercise below:

**A2. Standing Cable Cable Flye 4 sets 10-12 reps**

Rest for 2 minutes and move on to the previous exercise.

**2. Dips Super-Set with Low to High to Low Seated Cable Flyes**

**B1. Dips 4 sets 7 -9 reps**

Rest for 10 seconds and move on to the following exercise below:

**B2. High to Low Seated Cable Flyes 10-12 reps**

Rest for 2 minutes and move on to the previous exercise.

**3. Dumbbell Bench Press Super-Set with Incline Dumbbell Flyes.**

**C1. Dumbbell Bench Press 4 sets 7-9 reps.**

Rest for 10 seconds and move on to the following exercise below:

**C2. Incline Dumbbell Flyes 4 sets 10-12**

Rest for 2 minutes and move on to the previous exercise.

**D. Pushups 50 total reps (rest no more than 10 seconds at a time)**

**Thursday Rest Day**

**Week 6 Legs (Friday's)**

*Quad & Ham*

**1. Leg Press 3 Sets 8-10 Reps**

Rest 2 minutes between sets

**2. Dumbbell Lunge 3 Sets 7-9 Reps**

Rest 75 seconds between sets.

**3. Lying Leg Curls 3 Sets 8-10 Reps**

Rest 90 seconds between rest

## **Week 6 /Shoulders/Arms/Back/ABS/Maintenance (Saturday's)**

### *Shoulders*

#### **1. Seated Machine Press 3 Sets 8-10 Reps**

Rest 90 seconds between rest

#### **2. One Arm Cable Row 3 Sets 8-10 Reps**

Rest 90 seconds between rest

#### **3. Ez Bar Curls 3 Sets 8-10 Reps**

Rest 60 seconds between rest

#### **4. Tricep Rope Press Down Extensions 3 Sets 8-10 Reps**

Rest 60 seconds between rest

### *ABS Super-Set*

Rest 60 Seconds Between Rounds. 3 Rounds Total

#### **a. 5 Hanging Leg Raises**

#### **b. 10 Stability Ball Crunch with Rope**

#### **c. 10 Rollouts with wheel or Stability Ball**

#### **d. 30 Second Side Planks**

**Sunday Rest Day**