



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



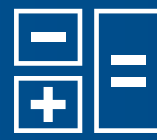
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3 DUMBBELL AND BODYWEIGHT CHEST WORKOUTS (NO BENCH NEEDED!)

No bench? No problem. You can still get a solid pec pump using just your bodyweight and dumbbells. Try one of these workouts on your next chest day.

Link to Workout: <https://www.muscleandstrength.com/workouts/dumbbell-bodyweight-chest-workout>

Main Goal: Build Muscle
Training Level: Beginner
Days Per Week: 2 Days
Program Duration: 6 Weeks

Equipment: Bodyweight, Dumbbells
Target Gender: Male & Female
Author: [Roger “Rock” Lockridge](#)

Workout 1: 400 Rep Pec Pump

The goal of this workout is to perform all four exercises for 100 reps each. Take breaks when needed, but pick up the rep count where you leave off when you stop. If you stop at 31 reps, start with 32 after you rest. Think of it as a very long rest-pause set. Once you complete 100 reps with one movement, move on to the second. Once you perform all 400 reps, you’re done. Mark your time that it took for you to complete the workout, then try to beat it the next time. The challenge of trying to beat your previous time will be all the motivation you need.

Exercise	Sets	Reps
Push Up with Feet Elevated or Feet on Wall Push Up	1	100
Dumbbell Floor Press	1	100
Close Grip Dumbbell Press on the Floor	1	100
Floor Dumbbell Flys	1	100

Workout 2: Pause for Power

Every exercise in this workout should be performed with a pause at the bottom. You then push the weight or your body up as fast as you can until your chest is completely contracted. Hold that position for three seconds and squeeze the pecs hard before performing the next rep. Rest for one minute between each set. This is a great method for improving strength and density of the pecs.

Exercise	Sets	Reps
Dumbbell Floor Press	4	15
Push Up with Feet Elevated or Feet on Wall Push Up	4	15
Close Grip Dumbbell Press on the Floor	4	15
Floor Dumbbell Flys	4	15

Workout 3: Circuits for Endurance

This one can be considered a giant set or a circuit. Your job is to perform all four exercises in order without rest. Once the fourth movement is completed, you take a two-minute break. Start over when your rest period is over and do it again. Three giant sets will be equal to 12 individual sets in less than 20 minutes. You can add variety by changing the exercise order if you like.

Exercise	Sets	Reps
1a) Dumbbell Floor Press	3	20
1b) Floor Dumbbell Flys	3	20
1c) Close Grip Dumbbell Press on the Floor	3	20
1d) Push Up with Feet Elevated or Feet on Wall Push Up	3	20

