**Chest Workouts**

Training your chest will improve your pushing movement power, as well as enhance your upper body silhouette. Choose a workout that suits you from our options below!

Workout 1: Strength Focused

This workout will focus more on your pushing power rather than your endurance, so the reps will be less but the weight must be heavy enough for you to only do 5 reps maximum for non-cable exercises.

1. 4x5 flat barbell bench press
2. 3x5 incline bench press
3. 3x15 cable flyes
4. 4x5 chest dips

Important tip: remember to ask for a spotter if you decide to try this workout for yourself!

Workout 2: Volume Focused

This workout will target your endurance, so the volume of reps are higher, helping you feel that burn quicker.

1. 3x10 dumbbell flat bench press
2. 3x10 incline dumbbell press
3. 3x12 dumbbell pullovers
4. 3x20 push-ups

Important tip: Try to use the full range of motion to really feel the burn!

Workout 3: Beginner Focused

This workout will focus on the fundamentals of chest training to help you get used to the movement, the feeling, and the tempo.

1. 3x6 flat barbell bench press
2. 3x6 incline dumbbell press
3. 3x8 cable flyes

Important tip: remember to perform your reps slowly so that your body gets used to the feeling!