



Results: Chest Workouts

Click for workout for details such as modifications and instructions

[Push-Up](#)

Mechanics: Compound

Muscles Targeted

Primary: Chest - Pectorals

Secondary: Shoulders, Triceps, Core, Biceps

Equipment: None needed

[Bench Press](#)

Mechanics: Compound

Muscles Targeted

Primary: Chest - Pectoralis Major

Secondary: Shoulders - Anterior Deltoid, Serratus Anterior, Triceps, Biceps

Equipment: Bench, Dumbbells, Barbell, or any other weight or resistance

[Incline Chest Press](#)

Mechanics: Compound

Muscles Targeted

Primary: Chest - Pectoralis Major

Secondary: Shoulders - Anterior Deltoid, Serratus Anterior, Triceps, Biceps

Equipment - Bench and Dumbbells, Barbell, or any other weight/resistance

[Lying Chest Flys](#)

Mechanics: Compound

Muscles Targeted

Primary: Chest, Shoulders

Secondary: Triceps

Equipment - Bench and Dumbbells or resistance band

[Pectoral Fly Machine](#)

Mechanics: Isolated

Muscles Targeted

Primary: Chest

Secondary: Shoulders

Equipment: Pectoral Fly machine