

Essential Chest Workout

Barbell/Dumbbell Chest Workout

Created on August 21, 2023 by Antonius Torode

This chest workout focuses on building upper body strength using dumbbells and a barbell. It's suitable for individuals with access to basic gym equipment.

Warm-up

Perform arm circles, leg swings, and shoulder rotations to improve range of motion. Perform the following circuit 3 times - 45 seconds for each exercise with 15 seconds of rest.

1. Shoulder Taps - Maintain a push up position while tapping your opposite shoulder with alternating hands.
2. Alternating Planks - Alternate between hands and forearm.
3. Jumping Jacks

Perform each exercise for 4 sets with a brief rest between sets. Focus on proper form and controlled movements.

Exercise 1

Barbell Bench Press: Lie on a bench and perform bench presses using a barbell. Aim for 8-10 reps.

Exercise 2

Dumbbell Flyes: Lie on a bench and perform dumbbell flyes using moderate weights. Aim for 10-12 reps.

Exercise 3

Incline Dumbbell Press: Use an inclined bench to perform dumbbell presses targeting the upper chest. Aim for 8-10 reps.

Exercise 4

Barbell Pullovers: Lie on a bench and perform pullovers using a barbell. Focus on stretching the chest muscles. Aim for 10-12 reps.

Exercise 5

Dumbbell Bench Press: Lie on a bench and perform dumbbell bench presses. Aim for 8-10 reps.

Cool-down

After completing the workout, cool down with static stretches to improve flexibility and reduce muscle tension. Focus on stretching your chest, shoulders, and upper body.