



≡ 12 Week Program to ≡

BUILDING A **LEGENDARY CHEST**

By 4X Olympia Physique World Champion



Jeremy Buendia

A muscular man with short dark hair and a goatee is shown from the chest up, looking slightly to the left. He is shirtless, showing his well-defined pectoral and abdominal muscles. The background is a blurred gym environment with various pieces of equipment.

WANT TO GET THE ABSOLUTE BEST RESULTS FROM BUILDING A LEGENDARY CHEST ?

**STEP IT UP BY JOINING #TEAMBUENDIA'S
ONLINE COACHING PROGRAM!**

- A COMPLETELY PERSONALIZED NUTRITION, SUPPLEMENTATION, AND WORKOUT PROGRAM BASED UPON YOUR DESIRED PHYSIQUE GOALS
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**YOUR COACH WILL HELP YOU
GET INTO YOUR ABSOLUTE BEST
PHYSIQUE FOR A FULL**

12 WEEKS

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LEARN MORE**



Having a big chest is everything masculine

You may have heard the expression "Walking with your chest out." To walk with your chest out means to show your power. It exhibits strength, confidence, and solid determination. If you are striving for a bigger, fuller and rounder chest, I am providing the tools and techniques you need get it. I can help you build a chest like the legends you admire.

The chest is what I like to think of as the "alpha-muscle." I feel that a well developed, thick, and full chest is the most impressive attribute of a competitive bodybuilder. Having a full chest adds overall thickness to your physique - what I like to call a 3D effect. The 3D effect is the illusion of adding depth to your muscle by creating round, full and dense muscle bellies.

One of the main reasons people lack a well developed chest is because they do not know the proper form and technique necessary to activate and train the required muscles.

Additionally, the manner in which other muscles are trained can attribute to a lacking upper chest. For example, when front deltoids and trapezius muscles are overactive (or tight) they will take the effort off of the chest simply because your body defaults to efficiency by utilizing the “stronger” or more “familiar” muscles.

The human body always wants to find a way to simplify things - even at the expense of causing tension in the wrong muscles. If you have a small chest, large traps, and over-developed front deltoids, then you are in need of some tissue work. This may involve deep tissue massage, active release therapy, or Graston Technique®. It is imperative to implement these practices if you are unable to get the muscles to release or relax. Otherwise, the tension will prevent your body from properly stimulating the chest fibers. Releasing the overactive muscles will enable your chest to open up and receive the proper signals from the brain to fire.



Technique is the single most important thing when training chest. The mind-to-muscle connection is crucial for optimizing your chest pumps. Think about stretching and squeezing the chest on each repetition. As you bring the weight down, stretch the fibers and feel them open up. Go deep; The more you stretch, the more room you allow for blood flow, which in turn will cause greater micro-tears within the muscle fiber. In the long run this will lead to faster growth.

On the contraction, it is important to understand that we are not “pressing” the weight or “pushing” the weight. It is not about how much weight you can move from point A to point B, it’s about feeling every single moment of the rep between point A and point B. Focus on using a weight that is heavy, but something you can control with perfect form. The idea is to squeeze the pecs together from the bottom of the rep to the top of the rep. Visualize the muscle fibers coming together and see your chest fill up with blood as you contract. On the negative motion, be sure that you do not simply drop the weight back down. Control the tempo and feel the fibers slowly stretch back into the open position.



Body Positioning on Pressing motions

(includes flat, incline, decline):

One of the key reasons the imbalances are present in the front deltoids and trapezius muscle is due to improper body positioning while doing pressing motions.

When lying on a bench, row your shoulders down and back like you are doing a row for back. Squeeze your shoulders down and back. This will create a natural arch in your lower back and you will notice that your chest is now stretched and elevated towards the ceiling. As you press, keep your shoulders back, but flare your lats as you squeeze your chest. Press all the way up but stop an inch before you lock your elbows. On the way down, squeeze your lats back, which will stretch your chest. Be sure to keep your feet firmly on the ground and ensure your hips and shoulder blades always stay in contact with the bench throughout the full range of motion.

Over the years I have tried various techniques to build a legendary chest. Naturally, different methods will yield different results. During this program you will go through 3 phases of chest training:

Week 1-4 **SIZE & STRENGTH,**
Week 5-8 **HARDNESS & DENSITY, &**
week 9-12 **PEEL & SHRED**

EVOGEN



To Maximize results use **EVOGEN NUTRITION's** AMINOJECT, CELL KEM, EVP PLUS, GLYCOJECT, & ISOJECT, CARNIGEN & LIPOCIDE



On chest days:

take 1 scoop **Cell Kem** upon waking and intra-workout

take 1 scoop **GLYCOJECT** pre-workout

SIZE & STRENGTH

During the first four weeks, we are going to master our form and correct imbalances by stretching and using therapy. We will also emphasize heavy lifting, strength increase, and developing overall mass. It is important to be on a clean diet. However, during this time period you shouldn't be on a high deficit caloric diet. You will need the carbs, fats, protein, and creatine (red meats) to help aid in maximal growth. For more specific guidance please visit (www.jeremybuendiafitness.com).

take 1 scoop **CELL KEM** upon waking and intra workout

take 1 scoop **GLYCOJECT** pre-workout, take 2 scoops intra workout.

take 1 scoop **AMINOJECT** post-workout, and 1 scoop prior to bed

take 1-2 scoop **EVP or EVP PLUS** 15 mins prior to weight training

take 1 scoop **ISOJECT** upon waking and 2 scoop immediately after weight lifting.

WARM-UP: it is important to spend 5-10 mins warming up your shoulders with light weight. Do various range of motion stretches and rotator cuff exercises. You will not build a bigger chest with a torn pec muscle. TAKE CARE OF YOUR BODY!

** (all weight listed would be the weight Jeremy Buendia would use)

Exercise 1

BENCH PRESS



WATCH THE VIDEO

- Set 1 135 lbs 15 reps (warm-up)
- Set 2 185 lbs 10 reps (warm-up)
- Set 3 225 lbs 8 reps (warm-up) x Still easy weight can hit
225 lbs for 25 reps normally
- Set 4 275lbs 4 reps
- Set 5 315lbs 2 reps
- Set 6 365lbs 2 reps
- Set 7 315lbs 8-10 reps
- Set 8 225lbs 15 reps
x rest 120-180 seconds between sets



Exercise 2

DB INCLINE



WATCH THE VIDEO

- Set 1 80lbs DB's 15 reps
- Set 2 100lbs DB's 10 reps
- Set 3 120lbs DB's 8 reps
- Set 4 150lbs DB's 5 reps
- Set 5 100lbs DB's 10 reps
- x rest 90-120 seconds between sets



Exercise 3

CABLE CHEST FLY



WATCH THE VIDEO

- Set 1 35 lbs - 15 reps (squeeze chest at peak contraction for "one-one thousand" count)*
- Set 2 45 lbs - 12 reps (squeeze chest at peak contraction for "one-one thousand" count)*
- Set 3 55 lbs - 10 reps (squeeze chest at peak contraction for "one-one thousand" count)*
- Set 4 65 lbs - 10 reps (squeeze chest at peak contraction for "one-one thousand" count)*
- Set 5 45 lbs - 10 reps (squeeze chest at peak contraction for "one-one thousand" count)*
- x rest 90-120 seconds between sets*



Exercise 4

DB CLOSE GRIP INCLINE BENCH PRESS



WATCH THE VIDEO

x keep the dumbbells together, palms facing in, throughout full range of motion

Set 1 50lbs DB's 12 reps

Set 2 60lbs DB's 10 reps

Set 3 65lbs DB's 8 reps

Set 4 70lbs DB's 5 reps

Set 5 50lbs DB's 12 reps

x Perform each rep slow and controlled, squeezing hard. Challenge yourself.



Exercise 5

BAR DIPS



WATCH THE VIDEO

Slow and controlled, 2 second count on the way down, 1 second count on the way up

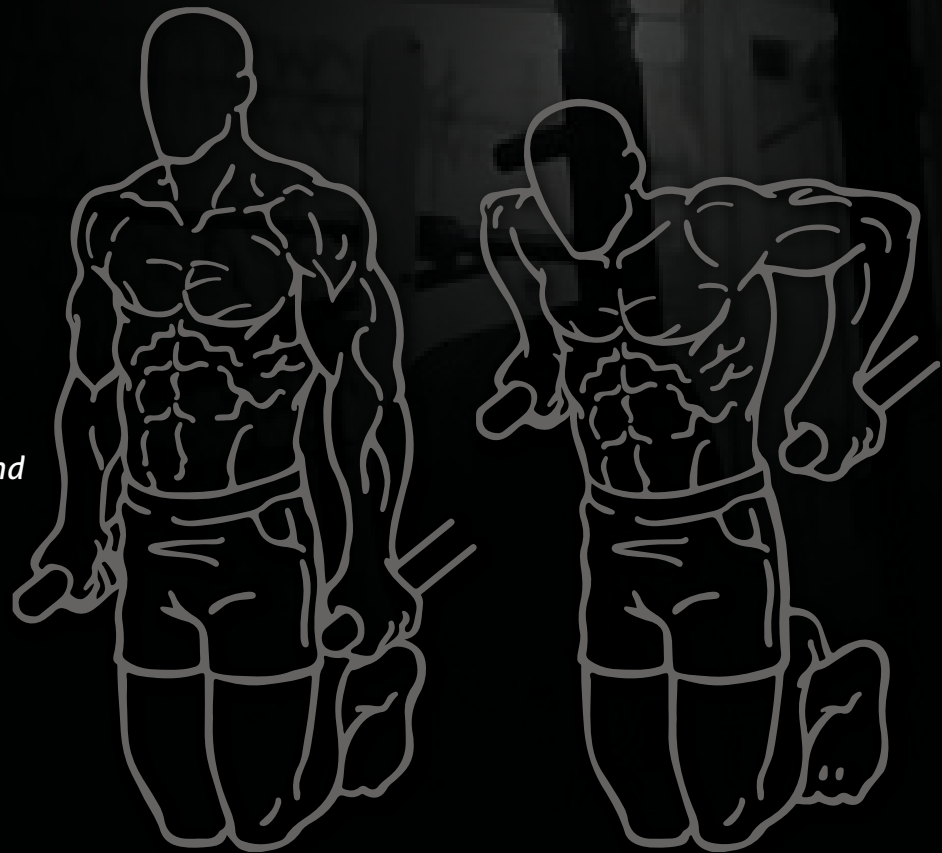
Set 1 rep to failure

Set 2 rep to failure

Set 3 rep to failure

Set 4 rep to failure

x rest 90-120 seconds between sets





DENSITY & FULLNESS

During weeks 5-8, we are going to bring out that density and fullness. This is the month dedicated to the pump! We will be using drop-set techniques, super-set techniques, and partial rep techniques. It is advised to stay consistent with your therapy, stretching to make sure that your overactive muscles don't come back and take away from your chest gains. This month you will truly learn what mind-to-muscle connection is as well as how to completely recruit all of the fibers within the chest.

It is important to be on a clean diet, however during this time period you shouldn't be on a high deficit caloric diet. You will need the carbs, fats, protein, and creatine (red meats) to aid in maximal growth! For more specific guidance visit (www.jeremybuendiafitness.com).

On chest days:

take 1 scoop **CELL KEM** upon waking and intra workout
take 1 scoop **GLYCOJECT pre-workout**, take 2 scoops intra workout.
take 1 scoop **AMINOJECT** post-workout, and 1 scoop prior to bed
take 1-2 scoops **EVP or EVP PLUS** 15 mins prior to weight training
take 1 scoop **ISOJECT** upon waking and 2 scoop immediately after weight lifting.
take 1 scoop **CARNIGEN OR CARNIGEN PLUS** before cardio, and 1 scoop 15 mins prior to weight training.

WARM-UP: it is important to spend 5-10 mins warming up your shoulders with light weight. Do various range of motion stretches and rotator cuff exercises. You will not build a bigger chest with a torn pec muscle. TAKE CARE OF YOUR BODY!

** (all weight listed would be the weight Jeremy Buendia would use)

Exercise 1

DB INCLINE



WATCH THE VIDEO

- Set 1 50lbs DB's 15 reps (warm-up)
- Set 2 75bs DB's 15 reps (warm-up)
- Set 3 90lbs DB's 15 reps (warm-up)
- Set 4 110lbs DB's 10 reps
- Set 5 125lbs DB's 8 reps
- Set 6 150lbs DB's 5 reps
- Set 7 90lbs DB's 8-10 reps x partial to full rep. Bring the weight down to chest, press halfway up, return back down to chest, then press all the way up. That equals 1 rep.
x rest 90-120 seconds in between sets



Exercise 2

**DB CLOSE GRIP INCLINE PRESS
SUPERSET w / DB INCLINE CHEST FLY**



WATCH THE VIDEO

- Set 1 40 lbs DB's - 15 reps superset x incline chest fly 15 reps*
- Set 2 50 lbs DB's - 10 reps superset x incline chest fly 10 reps*
- Set 3 60 lbs DB's - 8 reps superset x incline chest fly 8 reps*
- Set 4 60 lbs DB's - 8 reps superset x incline chest fly 8 reps*
x rest 90-120 seconds in between sets



Exercise 3

**CABLE CHEST PRESS SUPERSET w /
CABLE CHEST FLY**



WATCH THE VIDEO

Set 1 35lbs 15 reps press x 15 reps fly x 10 reps press x 10 reps fly
Set 2 45lbs 12 reps press x 12 reps fly x 8 reps press x 8 reps fly
Set 3 55lbs 10 reps press x 10 reps fly x 6 reps press x 6 reps fly
Set 4 65lbs 5 reps press x 5 reps fly x 5 reps press x 5 reps fly
x rest 90-120 seconds between sets



Exercise 4

HAMMER STRENGTH



WATCH THE VIDEO

- Set 1 (1 plate plus 25 lbs) 10 full reps, 10 partial reps (all the way down, halfway up)
- Set 2 (2 plate) 10 full rep, 10 partial reps
- Set 3 (2 plate plus 25 lbs) 10 full reps, 6 partial reps
- Set 4 (3 plates) 8 full reps, 5 partial reps
- Set 5 (2 plates) 2 partial reps, 1 full rep: repeat 5x
x rest 90-120 seconds between sets



Exercise 5

SMITH MACHINE FLAT BENCH SUPERSET w / DECLINE PUSH-UPS

(feet on bench, hands on ground)



WATCH THE VIDEO

Set 1 135lbs 15 reps x 15 push-ups
Set 2 185lbs 10 reps x 15 push-ups
Set 3 225lbs 8 reps x 15 push-ups
Set 4 225lbs 6 reps x 15 push-ups
x rest 90-120 seconds between sets





PEEL & SHRED

During the last 4 weeks of this program, we are going to bring out that next level conditioning. Nothing is more desired on a physique than a dry, split, and striated chest! Our intensity this month will increase, we will be minimizing rest time, and will be increasing the aerobic threshold. We will be using rest-pause techniques, triple drop sets, & tri-sets. At this point you should have had all of your muscular imbalances taken care of by your therapist or through your own stretching. If not, it is advised to stay on top of your therapy and stretching to make sure that your overactive muscles don't impede your chest gains.

This month you will truly learn the definition of hard work and what it takes to get your chest shredded & peeled. It is important to be on a clean diet. During this time period it is important to watch your caloric intake. We want to make sure we are at a balance of calories in / calories out, or even a possible deficit. The idea is to maintain the added muscle mass, while stripping away the surrounding body fat, leaving you with a ripped and striated chest. For more specific guidance see (www.jeremybuendiafitness.com).

On chest days:

take 1 scoop **CELL KEM** upon waking and intra workout
take 1 scoop **GLYCOJECT** intra workout.
take 1 scoop **AMINOJECT** post-workout, and 1 scoop prior to bed
take 1-2 scoop **EVP or EVP PLUS** 15 mins prior to weight training
take 1 scoop **ISOJECT** upon waking and 2 scoop immediately after weight lifting.
take 1 scoop **CARNIGEN** or **CARNIGEN PLUS** before cardio and 1 scoop 15 mins prior to weight training.
take 1 pill of **LIPOCIDE** upon waking, and 1 pill around 1-2pm if needed.

WARM-UP: it is important to spend 5-10 mins warming up your shoulders with light weight. Do various range of motion stretches and rotator cuff exercise. You will not build a bigger chest with a torn pec muscle. TAKE CARE OF YOUR BODY!

** (all weight listed would be the weight Jeremy Buendia would use)

Exercise 1

BARBELL INCLINE / REST PAUSE REPS

(bring the weight down to 1 inch above chest, hold for 2 seconds before pressing the weight up)



WATCH THE VIDEO

Set 1 135lbs 10 reps (warm-up)
Set 2 135bs 10 reps (warm-up)
Set 3 185lbs 10 reps (working-set)
Set 4 205lbs 10 reps
Set 5 225lb 8 reps
x rest 90-120 seconds between sets



Exercise 2

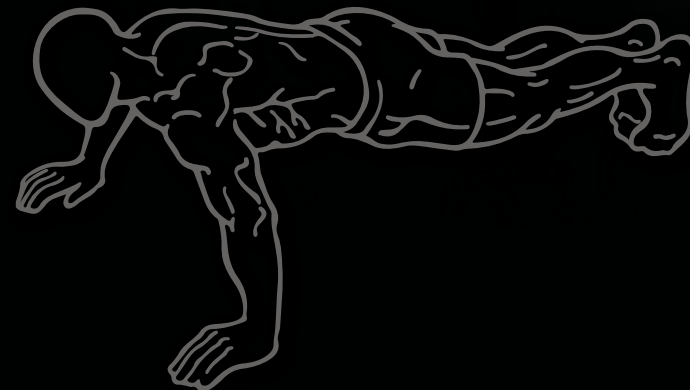
**LOW CABLE FLY SUPERSET w /
DECLINE PUSH-UP REST PAUSE REPS**

*(pause at bottom of push-up for 2
seconds before pressing up)*



WATCH THE VIDEO

- Set 1 30lbs 15 reps superset x push-ups 15 reps x FLEX CHEST IN MIRROR FOR 10seconds*
- Set 2 35lbs 15 reps superset x push-ups 15 reps x FLEX CHEST IN MIRROR FOR 10seconds*
- Set 3 40lbs 12 reps superset x push-ups 15 reps x FLEX CHEST IN MIRROR FOR 10seconds*
- Set 4 50lbs 10 reps superset x push-ups 15 reps x FLEX CHEST IN MIRROR FOR 10seconds*
x rest 90-120 seconds between sets



Exercise 3

DB FLAT BENCH w / ISOMETRIC HOLD SUPERSET w/ BARBELL FLAT BENCH

(press both db's up, hold one db up keeping constant tension on pec, while pressing with the other arm, switch arms, repeat).



WATCH THE VIDEO

- Set 1 60 lbs DB's 10 reps right arm, 10 reps left arm, 10 reps together, 5 partial reps together*
- Set 2 70 lbs DB's 10 reps right arm, 10 reps left arm, 10 reps together, 5 partial reps together*
- Set 3 80 lbs DB's 8 reps right arm, 8 reps left arm, 8 reps together, 5 partial reps together*
- Set 4 90 lbs DB's 5 reps right arm, 5 reps left arm, 5 reps together, 5 partial reps together*
- x rest 90-120 seconds between sets*



Exercise 4

Shoulder-height Cable Fly Superset w / Tension Push-up

CABLE FLY (shoulder height come straight across chest) **SUPERSET w/ TENSION PUSH-UPS** (3 second count on way down, 3 second count on way up) & **PARTIAL REP PUSH-UPS**



WATCH THE VIDEO

- Set 1 30lbs 15 reps superset x tension push-ups 10reps x and partial rep push-up until failure
 - Set 2 35lbs 12 reps superset x tension push-ups 10reps x and partial rep push-up until failure
 - Set 3 40lbs 10 reps superset x tension push-ups 10reps x and partial rep push-up until failure
 - Set 4 50lbs 8 reps superset x tension push-ups 10reps x and partial rep push-up until failure
- x rest 90-120 seconds between sets





WATCH THE VIDEO

THIS CONCLUDES THE 12 WEEK PROGRAM TO BUILDING A LEGENDARY CHEST! I HOPE YOU LEARNED SOME VALUABLE LESSONS THE PAST 3 MONTHS - DEVELOPING YOUR UNDERSTANDING OF HOW THE CHEST WORKS AND INCREASING YOUR GYM IQ BY EXPLORING VARIOUS TRAINING TECHNIQUES. IF YOU STICK WITH IT, YOUR CHEST WILL CONTINUE TO IMPROVE OVER TIME AND EVENTUALLY, YOU TOO CAN HAVE A LEGENDARY CHEST! BE SURE TO CHECK OUT

www.jeremybuendiafitness.com
FOR OTHER E-BOOKS AND TRAINING INFO!



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