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THINGS YOU CAN DO NOW FOR EXPLOSIVE CHEST GAINS

BY JEFF NIPPARD



ABOUT ME

Jeff is a WNBF Pro Drug-Free Bodybuilder and IPF/CPU Powerlifter in the 74 kg class. He earned the title of Mr. Junior Canada for natural bodybuilding in 2012 prior to which Jeff was a two-time Mr. Junior Newfoundland title-holder for 2009 and 2010.

As a powerlifter, Jeff has claimed a 502 lb squat, 336 lb bench press (2014 Canadian national record) and a 518 lb deadlift with an all time best Wilks score of 446.

With a Bachelor of Science degree in biochemistry, Jeff has gathered the requisite scientific knowledge to compliment his practical experience acquired through training and coaching. Jeff worked as a coach with esteemed online coaching group The Strength Guys through 2014 and 2015 before branching out with STRCNG. Jeff has coached women's bikini and men's bodybuilding national and provincial champions, professional natural bodybuilders and nationally and IPF Worlds qualified raw powerlifters. He has presented seminars on block periodization, concurrent training and nutrition for natural bodybuilding in academic settings including the 2014 Online Fitness Summit and at the University of Iowa. Jeff has recorded interviews with some of the best in the business on his science-based fitness podcast IceCream4PRs.

Previously, Jeff was enrolled in the Doctor of Dental Surgery program at Dalhousie University where he completed two years of the program before deciding to instead pursue a career where his passions lie. He has aspirations of completing a PhD in exercise science or a related field.

Through his informative and personable Youtube channel and Instagram Jeff aims to share the knowledge he has gathered through university education and field experience with others who are passionate about bodybuilding, powerlifting and the science behind building muscle, losing fat and getting healthier.

Jeff currently lives in Kelowna, Canada while frequently visiting his girlfriend in Tampa, Florida, where he is coaching athletes around the world full-time while preparing for his next competition season in natural bodybuilding in 2018.

To learn more about the science of training and my life, subscribe to my [YouTube](#) channel



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01

Train chest FIRST. Research shows that you're stronger earlier in your workout.¹ Prioritize your chest by training it first in the workout and early in the training week, after a rest day.

02

Establish a better mind muscle connection. A 2012 study showed that aiming to "feel" one's chest muscles firing in the bench press increased pec activation by as much as 22%.² When performing isolation movements, think about stretching and contracting your pecs throughout the entire range of motion.

03

Include multiple angles for presses. If your upper chest is a weak point, focus on inclines. 45 degrees has been shown to optimize upper pec activation when pressing.³ Use a combination of incline, flat and decline bench angles for proportional growth.

04

When performing cables flyes, point your palms down (or position your thumbs toward one another) so that the line of pull of the pec fibers are more in line with the plane of motion.

05

Include the traditional flat bench press in your program. Getting stronger on this lift will have carry over to other isolation movements, allowing you to place more tension on the pecs. It's no coincidence that powerlifters often have huge chests.



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06

Do different varieties of pushups. Band-resisted pushups provide a novel loading stimulus and have been shown to increase upper pec activation when used to load the pushup. Plyometric pushups also provide a sizeable stimulus for pec growth and carry over explosive power to other movements.

07

Slow down the eccentric. Some research shows that eccentric contractions lead to increased muscle protein synthesis when compared to their concentric counterpart.⁴ Using a 2-3 second negative is likely to optimize the tensile stimulus during chest training.

08

Incorporate isometric contractions for a novel loading pattern. Doing static dumbbell holds for 60 seconds and aiming to increase the set time each week is a unique way of providing progressive overload.

09

Don't "overdo it". 15-25 sets per week seems to be enough to maximize chest development, even in the most stubborn, advanced trainees. And more is not always better - focus on quality instead.

10

Eat enough. It's important to fuel your muscles to spark their growth. Start by eating in a 15-20% caloric surplus and if your rate of gain is less than desired, increase the surplus from there. Also ensure you're eating roughly 1g of protein per lb of bodyweight.

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