



**THE SEARCH FOR THE TREASURED**

**CHESH**

# YOUR CREW

## CLEARLY WINDED

Unlike our swashbuckling heroes, most explorers now split their days between the gym and the desk. Your time spent hunched over your computer, combined with your heavy pushing exercises, can create overactive pectoralis minor muscles. This can pull your shoulder forward and inhibit your ability to retract your shoulder blades and create optimal contraction. An adventurer walks a fine line between daring exploit and futile failure. Perform a doorway stretch everyday and be mindful of your posture to ensure a balanced physique and a safe journey ahead.



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# CHEST

Prepared exclusively for [jesusareyes25@gmail.com](mailto:jesusareyes25@gmail.com) Transaction: 13841

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# YOUR CREW

## DOORWAY STRECH

### DOORWAY STRETCH STEPS

1. Put your arms at 90 degrees and rest your forearms on a door frame. Make sure your upper arm is parallel to the ground.
2. Place one foot forward through the door.
3. Bend your front knee until you feel a stretch in your chest and shoulder area.
4. Hold for 15 seconds. Relax and repeat.



# STEERING YOUR VESSEL

The most ubiquitous exercise. All people, whether barrel chested buccaneer or risk averse, corporate employee, know what the basic chest exercises are. Consequently, every person believes they know how to perform a simple chest workout. What separates the hero who returns with the elixir and the forgotten sailor who crashes upon a rocky shore are the unseen details. Take note of your foot placement, your shoulder blades, and your full body tension during these exercises. Even though the chest is at the wheel, the rest of your body still mans the sails towards your ultimate treasure.



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# STEERING YOUR VESSEL

## BENCH PRESS

### BENCH PRESS STEPS

1. Plant your feet firmly on the ground. Move them backwards towards the bar as far as possible while keeping your heels on the ground.
2. Position yourself under the bar. Your eyes should line up under the bar. Make sure you are far down enough so that you do not hit the racking pegs during your movements.
3. Grip the bar at the base of your palm and wrap your fingers over the bar.
4. Lift your chest and retract your shoulder blades.
5. Take a deep breath and take the bar off the rack.
6. Keep your upper arms slightly angled as you lower the weight to the bottom of your chest.
7. Stop for a moment and push the weight back up, diagonally to the starting position.
8. Repeat for the desired amount of reps.



# STEERING YOUR VESSEL

## BENCH PRESS

### COMMON MISTAKES

1. Not planting your feet- Uncovering untold treasures is the dream at the heart of any adventure. The journeys are long and full of infinite reasons to turn back. To keep staying forward we rely on some keepsake, some memory, to keep us grounded. Take this same approach when benching. If you do not plant your feet properly, you will not be able to drive your upper back into the bench. This can put your shoulders at risk and cripple your expedition before it gets started.

2. Keeping your elbows at 90 degrees- Ancient Odysseus's bounty was not some legendary, gold encrusted city or a sea soaked, cedar chest filled with ancient jewels. He wished only to return home to his wife, much to the dismay of the Gods. To do so, this epic warrior needed to pass the sirens whose beautiful song lured many unfortunate souls to their untimely demise. His crew tied him to the mast and plugged their ears so that he may hear their song without succumbing to their curse. When lifting, we want maximal tension on our muscles to cause the most stretching and muscle damage. However, this can come at a cost. If you keep your forearms at 90 degrees you will get a superior stretch for your chest, but it will surely lead you off the course to a legendary chest. This form puts undue stress on your shoulder joints and limits

3. Not placing the weight at the base of your palms- Often overzealous lifters will take the time to set their feet, pinch their shoulder blades, and forget to grab the bar properly. One small mistake repeated will ensure you never reach your destination. Grabbing onto the bar closer to your fingers allows your wrist to bend backwards. Now, instead of the weight being directly over your forearm, it is placed at an angle to your direction of force. This diminishes your pushing power. Think of it this way, would you ever wield a cutlass or capsizing ship's steering wheel with just your fingers?

# STEERING YOUR VESSEL

## ALTERNATIVE WORKOUT



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# STEERING YOUR VESSEL

## ▾ DUMBBELL CHEST PRESS ▾

### ALTERNATIVE WORKOUT STEPS

1. Sit on the end of a bench with a dumbbell standing vertically on each lap.
2. Lay back onto the bench and use your thighs to help kick the weights back to you.
3. Press the dumbbells up so that they are directly above you at shoulder width.
4. Rotate the dumbbells so that they are at about 45 degrees.
5. Keep your upper arms slightly angled as you lower the weight to the bottom of your chest.
6. Stop for a moment and push the weight back up, diagonally to the starting position.
7. Repeat for the desired amount of reps.



# STEERING YOUR VESSEL

## SVEND PRESS



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LOWER PECTORALS MAJOR

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# STEERING YOUR VESSEL

## SVEND PRESS

### SVEND PRESS

1. Grab a plate of a low to moderate weight. You can hold two plates together.
2. Raise the plate to chest height.
3. Retract your shoulder blades.
4. Press your palms together on each side of the weight with your fingertips facing forward. This will be your starting position.
5. Extend your arms fully and focus on contracting your chest. Hold this position for three seconds.
6. Return to the starting position.
7. Repeat for the desired amount of reps.

### COMMON MISTAKES

1. Not retracting your shoulder blades- Sometimes we must make small sacrifices to gain great bounties. This does not apply to proper shoulder position during the svend press. If you do not pull back your shoulder blades you put your shoulder at increased risk of injury. If you find that your shoulders still fall forward, or you cannot keep your weight at chest height, the weight you are using is too heavy. Embark upon a task that is challenging but allows you to move progressively towards that treasured chest.
2. Grabbing the weight with your fingertips- The goal of the movement is to provide constant tension on the chest. If you are using your fingers to hold up the plates, it decreases your chest activation and diminishes the effectiveness of a movement. Would you rather take a ship that allows you to move slowly but surely towards that coveted giant "X" or travel twice as fast, but in the wrong direction? Remember your goal and train appropriately. Remember, an undisciplined adventurer is a doomed one.

# STEERING YOUR VESSEL

## CHEST DIPS

### CHEST DIPS STEPS

1. Grab a dip bar and elevate your body until your arms are locked out and your body is off the ground.
2. Cross your legs and bend them at the knee until they are perpendicular to your body.
3. Tilt your body forward about 30-45 degrees. You should feel a slight stretch in your chest. This will be your starting position.
5. Lower your torso in a controlled manner while keeping your elbows close to your body.
6. Lower until your shoulders are slightly below your elbows.
7. Press down and lift your torso back up to the starting position.
8. Repeat for the desired amounts of sets and reps.



# STEERING YOUR VESSEL

## CHEST DIPS

### COMMON MISTAKES

1. Moving your shoulder out of your socket- A good treasure hunter knows that they need to master their own devices if they are to succeed in a foreign world. Gyms worldwide have varying weights, machines, etc, but will almost always have a place where you can perform dips. That's what makes the dip a great, weight free tool to carry in your satchel. However, it must be employed properly. It is a free-range movement that does not require weight to properly target the muscle, but it still requires a precise methodical approach. If you allow your shoulders to roll forward, it puts the shoulder socket under specific counter stress. As you lower your body, make sure to pinch your shoulders back to keep your shoulders in a safe position.

2. Not leaning forward- The dip can be augmented to suit a variety of needs. We need to be precise in our steps so as not to fall to our doom. If you do dips completely upright, you negate the intense stretch of your pectoralis minor and major. This will do wonders for your triceps but will ensure you always fall short of securing a legendary chest.



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# STEERING YOUR VESSEL

## STANDING CABLE FLYS



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# STEERING YOUR VESSEL

## STANDING CABLE FLYS

### STANDING CABLE FLY STEPS

1. Set two pulley machines at a level above your head and attach a handle grip.
2. Grab each handle and take a staggered stance with one leg in front of you and one in line with the pulleys.
3. Slightly bend your elbows and bend forward about 20 degrees. This will be your starting position.
4. Slowly contract your chest, bring the cable down in an arc.
5. Bring your hands together. Your arms should come together halfway between the bottom of your chest and your navel.
6. Contract for 1-2 seconds before returning to the starting position.

### COMMON MISTAKES

1. Not bending your elbows- It is natural to believe that bending one's arms will somehow decrease their strength and muscle activation. We do not set sail alone and we can not activate one muscle without the cooperation of the surrounding groups. If you do not bend your elbows you risk placing undue stress on the bicep.
2. Using a weight that is too heavy- Ego pushes us to make rash decisions that may put an entire voyage at risk. We inherently want to pack on additional weight to force quicker, more explosive growth. However, precision is key to a successful bounty hunt. The most fearsome captain is not the one who wields the biggest ship and sword, it is the one who knows how to move and wield his weapon. If you use a weight that is too heavy, you will have to use other muscles to move the weight and will reduce the effectiveness of the exercise. Reduce your weight and focus on control, precision, and muscle mastery.

# YOUR QUEST TO AN EPIC CHEST

You are living the dream of so many wide eyed, fearless thrill seekers before you. There is something burning deep within you. A fire in your chest that incinerates the mundane tasks of daily life and illuminates a vision of some great fortune ahead. You have stumbled upon this guide that can lead you to that treasure. Allow that burning desire to illuminate your next steps. This is your call to adventure.

These workouts will sculpt a barrel chest that may be coveted and will be respected by all you come across. The workouts will be grueling. It will take everything you have to press on despite discomfort. Do not turn back. Remember, fortune favors the bold.

## WORKOUT #1

**EVERY TWO EXERCISES ARE SUPERSETTED.**

Workout 1	Sets	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Rest
Barbell Bench Press	6	16 at 65%	12 at 70%	8 at 80%	5 at 85%	5 at 90%	14 at 70%	0 seconds
Svend Press	6	16	12	8	5	5	14	20 seconds
Incline Bench Press	6	16 at 65%	12 at 70%	8 at 80%	5 at 85%	5 at 90%	14 at 70%	0 seconds
Standing Cable Flys	6	16	12	8	5	5	14	20 seconds
Cable Chest Press	6	16 at 65%	12 at 70%	8 at 80%	5 at 85%	5 at 90%	14 at 70%	0 seconds
Pushups	6	20	20	20	20	20	20	20 seconds

# YOUR QUEST TO AN EPIC CHEST

## WORKOUT #2

EVERY TWO EXERCISES ARE SUPERSETTED.

Workout 2	Sets	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Rest
Dumbbell Bench Press	6	16 at 65%	12 at 70%	8 at 80%	5 at 85%	5 at 90%	14 at 70%	0 seconds
Machine Chest Fly	6	16	12	8	5	5	14	0 seconds
Incline Dumbbell Press	6	16 at 65%	12 at 70%	8 at 80%	5 at 85%	5 at 90%	14 at 70%	40 seconds
Chest Dips	6	20	20	20	20	20	Failure	0 seconds
Cable Chest Press	6	16 at 65%	12 at 70%	8 at 80%	5 at 85%	5 at 90%	14 at 70%	0 seconds
Pushups	6	20	20	20	20	20	Failure	40 seconds

