

CHEST 2.0

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EXERCISES FOR CHEST

▀ HANGING BAND INSTABILITY BENCH PRESS ▀

WHY SHOULD I PERFORM THIS MOVEMENT?:

Hanging band instability creates three-dimensional movement within the barbell. This translates to increased primary and secondary motor unit recruitment. It also improves muscular coordination and recruitment as the body adapts to the erratic motion.

WARNING: This exercise is advanced. The hanging weights require intense proprioception and control and thus, you should use a very light weight to begin.

HOW TO PERFORM THE MOVEMENT:

1. Grab two bands and place them on the ends of a racked barbell.
2. Choose a desired dumbbell or kettlebell. You will need two of the same weight.
3. Attach the weight to the ends of the bar so that they hang off the end of the barbell.
4. Grab the bar with grip slightly wider than shoulder width apart and unrack the weight. This will be your starting position.
5. Slowly lower the weight to your chest in a controlled manner. Grip the bar tightly and attempt to move it along the normal chest press bar path.
6. Touch your chest briefly and begin to raise the bar to the starting position.
7. Repeat for the desired amount of sets and reps.

EXERCISES FOR CHEST

HANGING BAND INSTABILITY BENCH PRESS

COMMON MISTAKES:

Moving the weight too quickly. The bench press is one of the most ubiquitous movements in the gym. Almost everyone who has ever entered a gym has performed the movement and even those who are not regular gym goers can describe the movement. This familiarity often causes people to move too quickly during the stability bench press. Sudden motion will cause large swings in the hanging weights. These swings can cause the bar to move out of control and create injury. The purpose of the exercise is to master control and inter/intramuscular communication. If you attempt to move the bar too quickly, you will not reap the possible rewards.



EXERCISES FOR CHEST

LYING CABLE FLY

WHY SHOULD I PERFORM THIS MOVEMENT?:

Dumbbell flies are a common exercise to target the pectorals and facilitate growth through an isolation movement. Unfortunately, the use of dumbbells greatly reduces the tension during parts of the lift. The force of a dumbbell is always downward due to gravity. That means that the dumbbells are stretching your chest at the bottom of the movement but as the dumbbells go overhead, the stress is placed onto the shoulders. Therefore, some enthusiasts will choose a heavier weight and decrease the range of motion to exclude the bottom of the movement.

Cables retain constant tension throughout the movement. The weight will always point in the direction of the cable, making this an ideal choice to provide constant tension to the chest.

HOW TO PERFORM THE MOVEMENT:

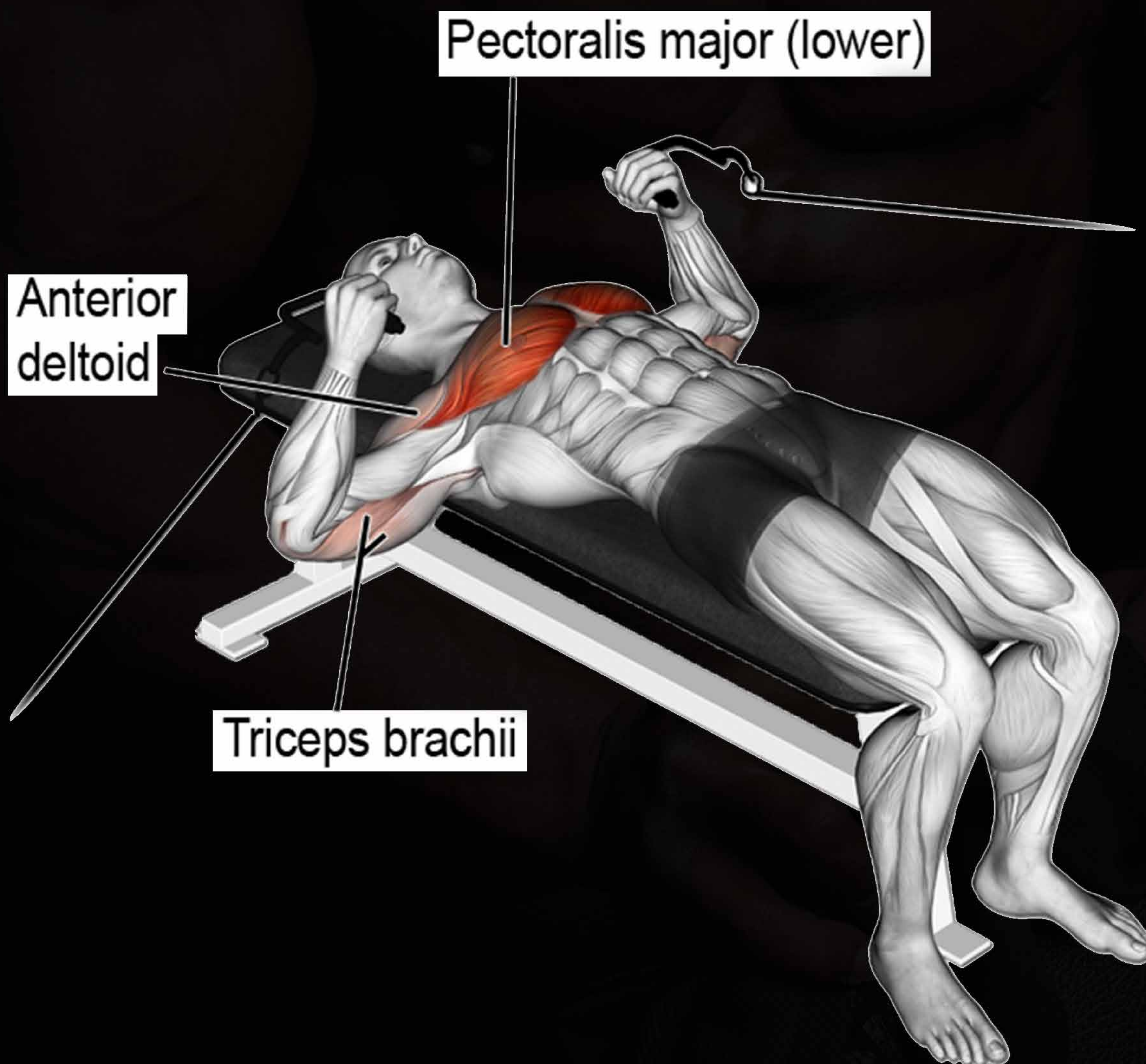
1. Set up a bench at the center of two cable pulleys.
2. Attach a handle to each cable and place them at the lowest setting.
3. Lay on your back with the cables in line with your chest. Grab the handles in neutral grip with your arms slightly bent. This will be your starting position.
3. Keeping your arms bent, slowly contract your chest muscles.
4. Without bending your elbow, bring your arms perpendicular to the floor. Hold this for 1-2 seconds as you contract your chest muscles.
5. Return to the starting position in a controlled manner.
6. Repeat for the desired amount of sets and reps.

EXERCISES FOR CHEST

LYING CABLE FLY

COMMON MISTAKES:

Not performing a full range of motion. The cable chest fly is a very wide range of motion. Thus, it is easy to convince yourself that you are performing the complete movement. Make sure you lower the weights completely to the starting position with every rep. You should feel a full stretch in your chest at the beginning and end of each movement. Otherwise, you are minimizing the tension in your chest.



EXERCISES FOR CHEST

◀ SINGLE ARM EXERCISE BALL DUMBBELL PRESS ▶

WHY SHOULD I PERFORM THIS MOVEMENT?:

The single arm exercise ball dumbbell press provides further cues to improve strength in the most common chest exercise. Individuals often forget to engage their core and glutes during a bench press, diminishing their pressing power. The single arm exercise ball dumbbell press forces the lifter to contract their core and glutes while working on the pressing stabilizer muscles.

HOW TO PERFORM THE MOVEMENT:

1. Grab an exercise ball and move it to an open area.
2. Grab a dumbbell and sit on an exercise ball.
3. Roll down on the exercise ball until your upper back is on the exercise ball.
4. Contract your glutes and assume bridge position while placing your dumbbell in your hand next to your shoulder. This will be your starting position.
5. Contract your glutes and stabilize your core as you press upwards with the weighted hand.
6. Press your arm upwards until it is raised above your chest. Pause for 1-2 seconds.
7. Slower lower the weight to the starting position.
8. Repeat for the desired amount of sets and reps before switching arms.

HOW TO PERFORM THE MOVEMENT:

Not stabilizing your core. It is easy to focus your efforts on pressing up the weight and ignore your core. Without stabilizing your core, you are at risk of losing your balance with a single arm load. Stabilize your core to maintain proper form, avoid losing control of the weight, and to protect your lower back during this movement.

EXERCISES FOR CHEST

OVERLOAD SINGLE ARM ECCENTRIC CHEST PRESS

WHY SHOULD I PERFORM THIS MOVEMENT?:

You can lift significantly more weight during the eccentric portion of a lift than the concentric. However, you cannot overload a traditional bench press safely to perform this exercise. Using a chest press machine, you can press up with two arms and lower weight as slow as possible with one arm. This allows you to resist a weight you normally could not lift per arm and maximize your muscle growth and strength.

HOW TO PERFORM THE MOVEMENT:

1. Find a chest press machine and choose a weight slightly higher than a weight you could perform with one arm.
2. Set up the machine with the handles at chest level. This will be your starting position.
3. Press the weight up with both arms until your arms are fully extended.
4. Release one arm from the weight and slowly resist the weight on the way down.
5. Return to the starting position and repeat with both arms.
6. Repeat for the desired amounts of sets and reps before switching arms.

HOW TO PERFORM THE MOVEMENT:

Using a weight that is too heavy. The purpose of this movement is to maximize the strength of an eccentric contraction. You will be lift heavier on the eccentric than the concentric portion, but it will not be a staggering amount. Choose 5-10% more than you can lift concentrically with one arm to ensure safety and maximize the benefit of the exercise.

WORKOUTS FOR CHEST

WORKOUT WEEK 1 A

workout	sets/rep	rest
Bench Press	3 x 12 75% 1RM	60 second rest
Single Arm Dumbbell Exercise Ball Press	3 x 8-10	0 second rest
Lying Cable Fly	3 x 20	60 second rest
Overload Single Arm Chest Press	3 x 8-10	60 second rest
Chest Dip	3 x 8-10	0 second rest
Pushups	3 x 20	60 second rest

WORKOUT WEEK 1 B

workout	sets/rep	rest
Hanging Band Instability Bench Press	3 x 12	60 second rest
Incline Dumbbell Press	3 x 12	0 second rest
Svend Press	3 x 12	60 second rest
Dumbbell Pull Over	3 x 12	0 second rest
Incline Cable Fly	3 x 20	60 second rest



ADVANCED CHEST WORKOUT

WORKOUT WEEK 2 A

workout	sets/rep	rest
Bench Press	4 x 12 75% 1RM	60 second rest
Single Arm Dumbbell Exercise Ball Press	3 x 12	0 second rest
Lying Cable Fly	3 x 12	60 second rest
Overload Single Arm Chest Press	3 x 12	60 second rest
Chest Dip	3 x 12	0 second rest
Pushups	4 x 20	60 second rest

WORKOUT WEEK 2 B

workout	sets/rep	rest
Hanging Band Instability Bench Press	4 x 12	60 second rest
Incline Dumbbell Press	4 x 12	0 second rest
Svend Press	4 x 12	60 second rest
Dumbbell Pull Over	4 x 12	0 second rest
Incline Cable Fly	4 x 20	60 second rest



ADVANCED CHEST WORKOUT

WORKOUT WEEK 3 A

workout	sets/rep	rest
Bench Press	4 x 12 80% 1RM	60 second rest
Single Arm Dumbbell Exercise Ball Press	4 x 10	0 second rest
Lying Cable Fly	4 x 20	60 second rest
Overload Single Arm Chest Press	4 x 10	60 second rest
Chest Dip	4 x 10, Last set until failure	0 second rest
Pushups	4 x 20, Last set until failure	60 second rest

WORKOUT WEEK 3 B

workout	sets/rep	rest
Hanging Band Instability Bench Press	4 x 12	60 second rest
Incline Dumbbell Press	4 x 12	0 second rest
Svend Press	4 x 12	60 second rest
Dumbbell Pull Over	4 x 12	0 second rest
Incline Cable Fly	4 x 20	60 second rest



ADVANCED CHEST WORKOUT

WORKOUT WEEK 4 A

workout	sets/rep	rest
Bench Press	5 x 10 80% 1RM	60 second rest
Single Arm Dumbbell Exercise Ball Press	5 x 10	0 second rest
Lying Cable Fly	5 x 20	45 second rest
Overload Single Arm Chest Press	5 x 10	45 second rest
Chest Dip	4 x until failure	0 second rest
Pushups	4 x until failure	45 second rest

WORKOUT WEEK 4 B

workout	sets/rep	rest
Hanging Band Instability Bench Press	5 x 12	60 second rest
Incline Dumbbell Press	5 x 12	0 second rest
Svend Press	5 x 12	45 second rest
Dumbbell Pull Over	5 x 12	0 second rest
Incline Cable Fly	5 x 20	45 second rest

FINISHED