

CRAFTING A

CLASSIC★PHYSIQUE

VOLUME 2: ARMORED CHEST



Prepared exclusively for daniel.gonzalezmor@gmail.com Transaction: 4412TWS

GOLDEN ERA CHEST DEVELOPMENT

The full, round chests of the classic era are still revered as some of the best in the history of bodybuilding. That is a testament to the fact that not only is muscular size important, but taking control over the shape and proportions of your physique can have a paramount impact on the way your body looks. In this training guide, we're going to explore techniques for building a noteworthy chest that is balanced, full, strong, and functional. We'll go over anatomy, muscle function, proper form, and tips for optimizing muscle firing patterns and hypertrophic potential. Once we fully understand how to optimally stimulate the chest, we'll take a look at the best way to structure your training split so that you get the most chest development possible.

Remember that building a classic physique is about bringing it all back to the basics, but I want to make sure you to interpret that in the right way. It's not about barbaric training methods or not being concerned about strict form or exercise science. That's how you get hurt and stay small. Rather, it's about doing more with less and making every training session count. You've got 7 days in a week and about 20 training days in a month. You have to use every day as an opportunity to train, eat, and manage fatigue so that you can continue training hard for the long haul. They say Rome wasn't built in a day and that certainly holds true for chest development, which typically is one of the last muscle groups to really come up in a significant way. With that being said, let's get right into the anatomy of the chest and ways to optimize your training to see some big barrel chest gains.



GOLDEN ERA CHEST DEVELOPMENT

— YOU ARE THE ARCHITECT

You have control of very few things in life, but the things over which you do, take full advantage of. Chest training is not unlike any other muscle group in terms of training intensity, quality reps, and training volume to elicit muscular hypertrophy. Train hard, heavy, and with adequate fuel and recovery time and you'll see great results. Like the back, the chest is a thick piece of muscle that can take a pretty hard beating. It tends to recover in under 3 days, so twice-per-week chest training is typically the frequency that will give you the best balance of stimulation and recovery.

To efficiently activate the pectoralis major and minor, which comprise the chest, you have to really understand what the chest is supposed to do. It has 4 main functions, moving the shoulder joint in concert with the muscles of the back as the antagonist muscle group. The chest is responsible for the flexion of the humerus, like in bowling. This is essentially the same function as bench pressing and will be heavily used in our chest training. The chest also adducts the arms, allowing you to bring your arms down to your side, as in a cable fly from a high position. It also rotates the arm medially, which is why ending all of your chest movements with fully pronated wrists will result in a superior contraction.

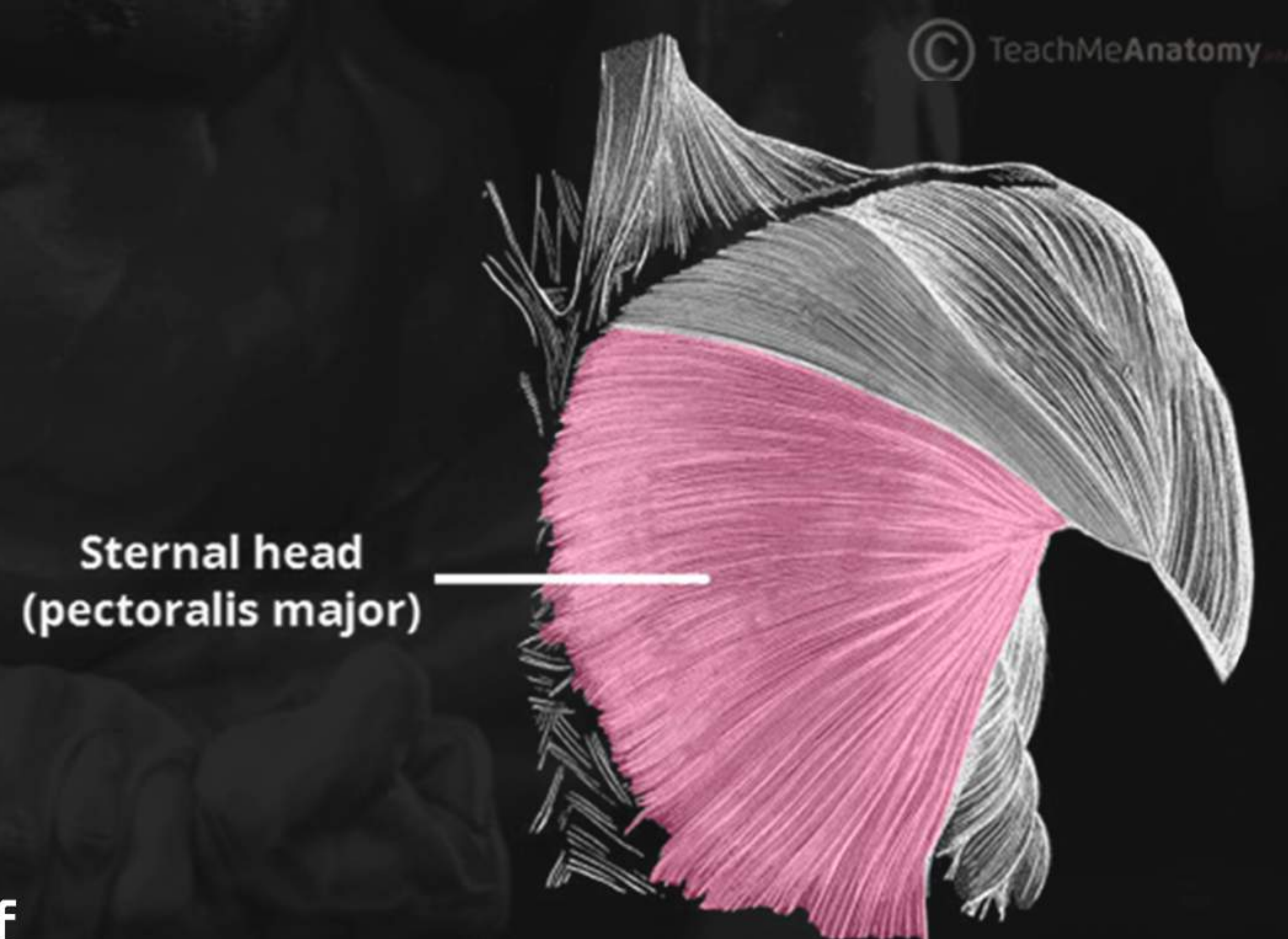


GOLDEN ERA CHEST DEVELOPMENT

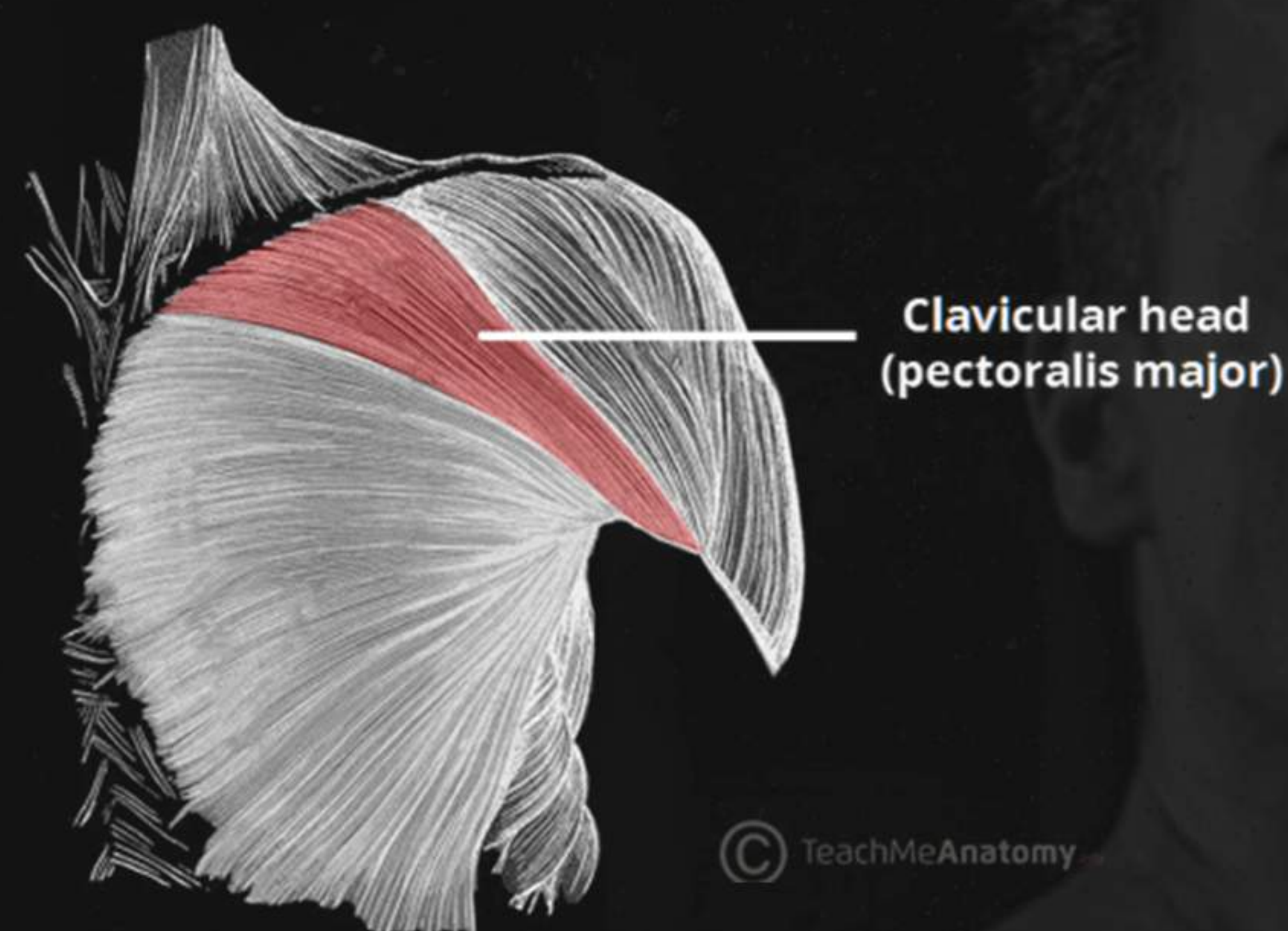
There are two heads of the pecs, and developing them each properly will contribute to an overall balanced look. You can't really isolate a single head, but you can emphasize one over the other. The clavicular head is quite small in relation to the sternal head. Remember that the size of the muscle has a lot to do with how much to work you need to stimulate growth and how much recovery time you need to manage fatigue. Keep this in mind in your training – It's more productive to stimulate a muscle with just enough hard training that you can get back in the gym again within a few days than to destroy it on Monday and not feel ready to hit chest again until the next Monday. If you over-train the muscle, and it takes you a week or more to exercise that muscle, you could be missing out on muscle gains.

— THE STERNAL HEAD

The sternal head of the pecs is a large, flat fan of muscle that originates along the length of the sternum and inserts on the humerus. This is the portion of the chest that is responsible for most of the size and shape, as well as the bulk of strength involved in pushing movements. If you look at the direction of the muscle fibers shows in the example, you get a strong understanding of the directions you can move your arm to optimally stimulate each section of the muscle.



GOLDEN ERA CHEST DEVELOPMENT



— THE CLAVICULAR HEAD

The smaller of the two heads of the chest, the clavicular head originates at the clavical and inserts at the humerus. This is the small part of the chest that is responsible for that impressive shelf-like upper chest that is so sought after. This part of the chest is really not much larger than the front deltoid, and it's important to keep that in mind when planning your training. Even though it is a priority for most people, most training programs are set up efficiently for optimal growth of this muscle. I suggest splitting up your weekly training volume

over two workouts for optimal training frequency, muscle stimulation, and recovery. This head is best grown with incline pressing or fly movements starting at about a 30° incline.

— EARN YOUR STRIPES: OLD SCHOOL CHEST TRAINING

Old school training is hardcore, basic, and raw. It will test your ability to give every set, and rep the attention it deserves, even when it gets uncomfortable. Don't just go through the motions. Put in real work and you'll see your body change in front of your eyes. When it hurts, you'll keep going. When you want to stop, you'll look in the mirror and see that insane pump. When you're so sweaty you can no longer hold onto the barbell, you'll chalk up your hands and let them bleed. This chest program is no joke, and you're going to have to take yourself very seriously to be able to adhere to it 100%.

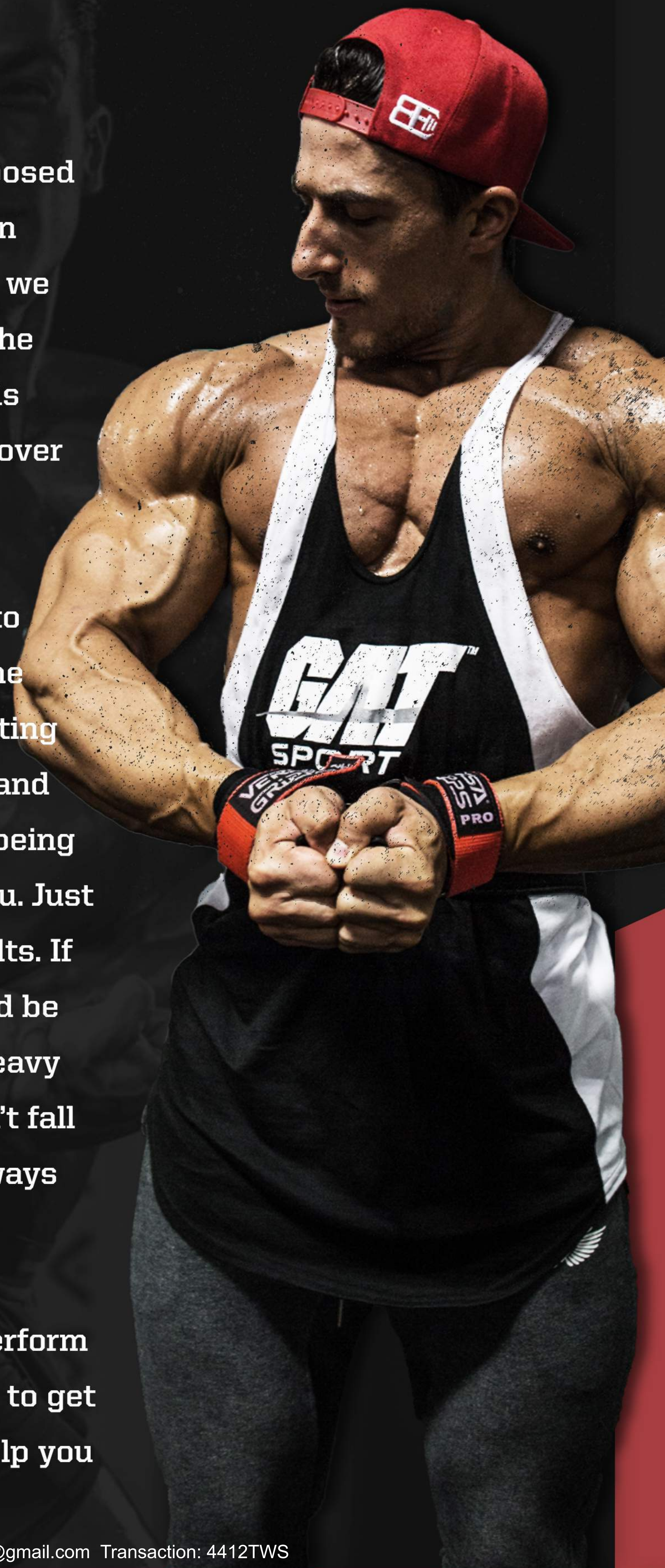


GOLDEN ERA CHEST DEVELOPMENT

We'll start each day with heavy compound movements, like we always have. This will increase our overall training volume as opposed to pre-exhausting the prime mover and then moving on to compound movements. Then we will move onto isolation exercises toward the end of the training session once the chest is filled with blood and we have good control over the muscular contraction.

As I mentioned previously, it's a good idea to break up your overall training volume for the week into two sessions so that you are putting in the same work, but optimizing recovery and frequency to elicit more growth. With that being said, these workouts may seem short to you. Just train hard as nails and you'll see killer results. If you're doing a set of 8 reps, each rep should be perfect quality and the weight should be heavy enough that you couldn't get a 9th rep. Don't fall into the mental trap of thinking more is always better – it's not.

Before you get going with each workout, perform 1 or two sets of lat pull downs or light rows to get your lats and upper back firing. This will help you safely stabilize heavy pushing movements.



GOLDEN ERA CHEST DEVELOPMENT

PRESSING TIP: When you hit the sticking point on bench press, which is usually half way through the rep, think about pushing your elbows together over your chest. This little mental cue can help you push through that last rep that you otherwise would have missed.



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THE ARMORED CHEST PROGRAM

DAY 1

Exercise	Sets	Reps	Tempo	Rest
Flat Bench Press	5	6	2 Count Negative	60 sec
Dumbbell Incline Press	3	8	2 Count Negative	60 sec
<i>Superset</i>				
Dips	4	12	Smooth Tempo	-
Incline Fly	4	12	Controlled	60 sec between each superset
<i>Finisher</i>				
Close Grip Medicine Ball	4	12	Slow Negative	



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THE ARMORED CHEST PROGRAM

DAY 2

Exercise	Sets	Reps	Tempo	Rest
Incline Barbell Press	5	8	Controlled. 2 Count Negative	60 sec
Flat Dumbbell Press	3	10	Controlled. 2 Count Negative	60 sec
<i>Superset</i>				
Cable Fly	4	12	1 Count Hold in Contracted Position	-
Sven Press	4	12	Slow	60 sec between each superset
Paused Floor Press	4	6	1 sec Pause at Bottom	60 sec between each superset



THE ARMORED CHEST PROGRAM

— DAY 1: BENCH PRESS

The set-up for the bench press is very important, and can decide whether you make good chest gains or hurt yourself. I'll walk you through it simply. Your heels should be under your hips, firmly planted and pressed down. That will engage your glutes and give you a solid base and somewhat of an arch in your back. Your traps should be firmly placed on the bench with your scapula retracted comfortably. Flex your lats so that your shoulders are not "shrugged" at all. This is your base.

Grip the bar a bit wider than your shoulders. You don't need to go super wide. We'll do flies later. Right now we're pressing. Make sure that your wrists aren't bent back – it's important that your wrist is straight and that the weight stays over your elbow throughout the entire movement to keep tension on your chest and off of your triceps and shoulders. Lower the bar about an inch below the bottom of your chest with your humerus creating a 45° angle with your body. Engage your chest first, and then let your triceps help finish the movement.



THE ARMORED CHEST PROGRAM

— DAY 1: DUMBBELL INCLINE PRESS

The set up for this movement is almost identical to a flat press, except the bar path is over the middle of your chest rather than slightly under it. Reminder: keep the weight of the dumbbell over your wrist, and your wrist over your elbow at all times. Because using dumbbells is less stable, there is more chance for injury if you cannot stabilize the weight. Correct form will help, and only handling weights you know you have control over is very important.



THE ARMORED CHEST PROGRAM

DAY 1: DIPS

This is a super effective and often overlooked exercise. Very old school, badass mass builder and you can use a weight belt for added resistance once you get the hang of it. The dip is a lot like benching – people tend to press too high up on their chest, end up shrugging and putting the shoulder in a vulnerable position. Instead, think about keeping your elbows tucked and putting your hands in your pockets. Lower yourself down until your arms form a right angle and then press.



THE ARMORED CHEST PROGRAM

— DAY 1: INCLINE FLY

Secure your body as mentioned above. Start with the dumbbells directly over your chest and spread your arms as if you're going to give the air a big hug. Consciously using your chest, bring the weights back over your chest, pronating your wrists at the top for optimal contraction. Keep your arms slightly bent and exhale at the top of the movement. Think about your arms simply as tools to hold the weights, not that you are performing the exercise with your arms. Cue yourself to use your chest and develop a good mind-muscle connection.



THE ARMORED CHEST PROGRAM

DAY 1: CLOSE GRIP MEDICINE BALL PUSHUP

Using a medicine ball is a great way to add additional instability to a close grip pushup, which will not only help target the inner chest, but will increase the stability of the shoulder joint, which will allow you to handle heavier weights in the future. Make sure to think of this movement as a bench press - keep the medicine ball over your chest and your arms slightly tucked to your side to avoid undue shoulder stress. Your hands will have to be in somewhat of a neutral grip so that you can hold onto the ball.



THE ARMORED CHEST PROGRAM

DAY 2: INCLINE BARBELL PRESS

Secure your body like in a flat bench press, using the same arm angle, but lower the barbell to the center of your chest rather than below it. I find that using a slightly narrower grip helps with any shoulder discomfort and allows for a very full range of motion, eliciting lots of growth.



THE ARMORED CHEST PROGRAM



— DAY 2: FLAT DUMBBELL PRESS

Get into the same starting position as you would if you were going to bench press with a barbell. In order to maintain form and prevent your elbows from flaring out too much, which would engage your shoulders and put you at risk for injury, you can put your wrists in a more neutral position which will more naturally allow your elbows to be more tucked to your sides. However, you can pronate your wrists at the top of the movement for a peak contraction.



THE ARMORED CHEST PROGRAM

DAY 2: CABLE FLY

Place the pulley only slightly higher than shoulder level and lean forward into the resistance. Perform this exercise just as discussed for a dumbbell fly, but notice that you have much more flexibility in terms of range of motion and angles. This is a great time to develop a good mind-muscle connection with your chest. The biggest tip here is to extent your arms fully at the top of the movement and hold the resistance for a one-count.



THE ARMORED CHEST PROGRAM

DAY 2: SVEN PRESS

This is a killer finisher. You may want to start with a 10 lb weight or even just by pressing your palms together. Eventually you can graduate to a 25 lb plate. Keep the plate aligned with your sternum throughout the entire movement. Squeeze the plate between your hands and press it away from your torso, and then bring it back until it touches your chest. Learn to love the suffering!



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DAY 2: PAUSED FLOOR PRESS

Situate yourself under a rack on the floor as if you were going to perform a regular bench press. The nice thing about this movement is that it forces you into good form. Lower the weight just under your chest so that the barbell is over your elbows. If you try to bring the weight too high on your chest, you'll basically have to do a skull-crusher to press the weight, which is not the goal here. When your triceps touch the ground, pause for a one-count and then drive the barbell straight up, initiating the movement with your chest.

