



Bankai Chest Training

UNLOCK YOUR CHEST POTENTIAL

@fbaftermath | Chest Focus 6-week Training

Intro

What is it to man that the calling of not only a big chest, but a strong one that catches the attention of the Gods. Here you will understand what it takes to really level up your chest to Final Form, and from then on, “Find A New Limit”. You will

- Increase Push Strength
- Increase Chest Endurance
- Build A More Complete Chest
- Increase Chest Size all around
- Work Yourself Equally to Keep from Injury
- Find Your Bankai

WHAT IS BANKAI (SHI-KAI)

Bankai is to “Upgrade”, and you will become a whole new “Beast” in the gym and more confident.

The Word came from an anime called “Bleach” and the characters would say “Bankai” When things needed to get serious and looked for more Power. I want this to be apart of you as it is to me.

Training Intro (key notes)

You will be training hard for 6 weeks chest Training some weeks as much as 3 times a week with just enough recovery to get by. Don’t be let down if this program pulls out weaknesses. We need that to better yourself and make yourself complete.

Major Tips:

When Benching, focus on keeping elbows tight to the body and not flared out wide, this can cause major shoulder issues especially dealing with heavy amounts of weights.



Recovery time unless it's a compound set or superset which would be 15 sec rest "Max" needs to go off feel, dealing with heavy weights between 2-5 minutes should be enough but even still, listen to your body, I don't want you gassed out going for heavy reps.

When you see rep # dropping each set, you need to increase weight accordingly. Remember if you can get through rep range easily, its time to redo and up that weight, do not limit yourself to a breezy workout.

If you see A1/A2 that means it is a super set, where you do one set after the other.

Supplements

Creatine Hcl is a great Supplement for strength without having water retention. I have used it for years and prefer it over creatine monohydrate.

Beta Alanine is used to keep you from fatiguing early on movements. That itchy feeling you get from pre-workouts... Yea that is the Beta in the products.

Agmatine Sulfate is used for Harder Muscle Contraction, pushing Nitric Oxide into the muscle increase cell volume which is crucial for muscle growth.

Iron Is used to increase oxygen intake and reduce heart rate.

Glutamine Is used to help with muscle recovery and soreness.

Betaine Is used to increase creatine production.

Suggested Macros

Fat: 30%

Carbs: 40%



Protein: 30%

Fiber: 30 Grams Daily

These numbers are suggested for this program based on Athletic Training for lean mass and strength progress.

Bench Max	Squat Max	Deadlift Max



Fill in percentage fast track below

Bench Squat Deadlift

50%			
55%			
60%			
65%			
70%			
75%			
80%			
85%			
90%			
95%			



Week 1

Monday

Barbell Bench Press:

Set	%	Reps	Weight (fill in)
Set 1	60%	6	
Set 2	75%	4	
Set 3	80%	3	
Set 4	80%	3	
Set 5	80%	3	

Incline Dumbbell Press: 15/12/8

Military Shoulder Press: 10/10/10

Bent over Barbell Rows: 12/8/6/Drop set (Amrap)

Incline Bench Dumbbell Row (Chest Against Bench): 8/8/8

Chin Ups: 8/8/8

Farmers Walk: 3 sets (Heavy) 20 Sec constant walk

Tuesday

Back Squat:

Set	%	Reps	Weight (fill in)
Set 1	50%	8	
Set 2	70%	5	
Set 3	80%	4	



Set 4	85%	2	
Set 5	60%	12	

Sumo Deadlift 65%: 6/6/6

Glute Bridges 60% squat max: 8/8/8/8

Hamstring Curls: 15/12/10

Leg Extensions: 15/12/10/Amrap

Wednesday

Incline Bench Press:

Set	%	Reps	Weight (fill in)
Set 1	50%	6	
Set 2	60%	5	
Set 3	65%	4	
Set 4	70%	3	
Set 5	70%	3	

A1 DB Decline Bench Press: 10/10/10

A2 Bench Explosive pushups: 5

(Hands on Bench feet on floor)

Cable Fly's Superset (Mid and Low back to back): 10/10/10

Chin Up (Isometric Holds, Weighted): 10 sec/10sec/10sec

Forearm Curls (Both Ways): 20/20/20

Thursday

Deadlift:

Set	%	Reps	Weight (fill in)
Set 1	60%	6	
Set 2	75%	5	
Set 3	75%	3	



Set 4	80%	2	
Set 5	85%	2	

Hack Squats (if you don't have this machine do goblet squats): 12/12/12

Hamstring Curls: 15/10/8/8

A1 Dumbbell Lunges: 10/10/10

A2 Jump Squats: Amrap

A1 Glute Bridges: 8/8/8

A2 Box Jumps: 5

Friday

Floor Barbell Bench Press:

Set	%	Reps	Weight (fill in)
Set 1	60%	8	
Set 2	70%	6	
Set 3	80%	4	
Set 4	85%	3	
Set 5	85%	3	

Single Arm Incline Dumbbell Bench Press: 8/8/8

Lying Band Pull Apart: 10/10/10

(grab a stretchy band, lay on a bench, keep back tight (shoulder blades together) and pull band apart as if you are trying to move people out the way because real gains are coming through)

Dips (weighted): 10/10/10/10

Slightly Outside Shoulder with Pull Ups: 8/8/8/8

Forearm Curls (Both Ways): 20/20/20



Saturday

OFF

Sunday

OFF



Week 2

Monday

Barbell Bench Press:

Set	%	Reps	Weight (fill in)
Set 1	55%	3	
Set 2	70%	2	
Set 3	75%	1	
Set 4	90%	1	
Set 5	100% +	1	

Incline Dumbbell Press: 15/12/8

Military Shoulder Press: 8/8/5

Bent over Barbell Rows: 12/10/8/6

Incline Bench Dumbbell Row (chest Against Bench): 6/6/6

Chin Ups (weighted): 6/6/6

Farmers Walk: 3 sets (Heavy) 20 Sec constant walk

Tuesday

Back Squat:

Set	%	Reps	Weight (fill in)
Set 1	50%	8	



Set 2	65%	6	
Set 3	75%	4	
Set 4	85%	3	
Set 5	50%	8	

Sumo Deadlift 65%: 8/8/8

Glute Bridges 70% squat max: 5/5/5/5

Hamstring Curls: 20/20/20

A1 Leg Extensions: 15/15/15/15

A2 Jump Squats: 15

Wednesday

Incline Bench Press:

Set	%	Reps	Weight (fill in)
Set 1	50%	10	
Set 2	65%	6	
Set 3	70%	4	
Set 4	65%	6	
Set 5	50%	10	

A1 DB Decline Bench Press: 12/8/6

A2 Bench Explosive pushups: 5

(Hands on Bench feet on floor, explosive push into air doing movement)

Cable Fly's Superset (Mid and Low back to back): 10/10/10

Chin Up (Isometric Holds, Weighted): 10 sec/10sec/10sec

Barbell Forearm Curls (Both Ways): 20/20/20

Thursday

Deadlift:



Set	%	Reps	Weight (fill in)
Set 1	60%	8	
Set 2	75%	5	
Set 3	75%	5	
Set 4	85%	1-2	
Set 5	95%	1-2	

Hack Squats: 12/12/12

Hamstring Curls: 15/12/8

Bulgarian Split Squats: 8/8/8

A1 Glute Bridges: 6/6/6

A2 Broad jumps: 1

Friday

Floor Barbell Bench Press:

Set	%	Reps	Weight (fill in)
Set 1	60%	8-12	
Set 2	75%	6	
Set 3	85%	4	
Set 4	85%	3	
Set 5	85%	3	

Single Arm Incline Dumbbell Bench Press: 6/6/6/6

Lying Band Pull Apart: 10/10/10

(grab a stretchy band, lay on a bench, keep back tight (shoulder blades together and pull apart as if you are trying to rip it)

Dips (weighted): 6/6/6/6

Slightly Outside Shoulder with Pull Ups (weighted): 5/5/5



Saturday

OFF

Sunday

OFF

Week 3

Monday

Barbell Bench Press:



Set	%	Reps	Weight (fill in)
Set 1	60%	8-12	
Set 2	75%	4-6	
Set 3	85%	3	
Set 4	90%	1	
Set 5	90%	1	

DB Floor Bench Press (Single Arm): 8/8/6/6

DB Shoulder Press: 8/8/8

Cable Mid-Chest Fly's: 15/15/15

Decline Cable Fly's: 15/15/15

Lateral Shoulder Raises: 20/20/20

Front Shoulder Raises: 15/15/15

Rear Dealt Fly's: 12/12/20

Tuesday

Box Squats:

Set	%	Reps	Weight (fill in)
Set 1	50%	10	
Set 2	65%	8	
Set 3	80%	3	
Set 4	80%	3	
Set 5	80%	3	

Deadlifts:

Set	%	Reps	Weight (fill in)
Set 1	50%	10	
Set 2	70%	6	
Set 3	70%	6	



Set 4	70%	6	
Set 5	50%	10	

Incline Chest supported Rows: 12/12/12

Lat Pull Downs (close)Reverse Grip: 15/10/8

Chin ups: 8/8/8

Hyperextensions (with 2 sec pauses at top): 8/8/8

Wednesday

Close Grip Bench Press ½ Reps: 15/15/15

Pyramid Push-ups: 50 reps

Explosive pushups: 6/6/6

Triceps extensions (Rope): 15/12/10/10

V Bar Triceps Extensions: 20/20/10/20

Overhead Triceps Ez Bar Extensions: 12/12/12

Preacher Curls: 20/20/20

Hammer Curls: 10/8/8

Chin Ups: 30reps

Barbell Forearm Curls (Both Ways): 20/20/20

Thursday

Back Squats (2sec Pause):

Set	%	Reps	Weight (fill in)
Set 1	65%	5	



Set 2	75%	4	
Set 3	85%	2	
Set 4	85%	2	
Set 5	65%	5	

Deadlifts (2" deficit):

Set	%	Reps	Weight (fill in)
Set 1	50%	8	
Set 2	85%	3	
Set 3	85%	3	
Set 4	85%	3	
Set 5	50%	6	

Broad Jumps: 5/5/5

Body weight Rows: 8/8/8

Lat Pull Downs Close Reverse Grip: 8/8/8/8

Lat Cable straight arm cable extensions: 15/15/15

Hyperextensions: 15/15/15

Friday

Off

Saturday

Barbell Bench Press (pause Reps):

Set	%	Reps	Weight (fill in)
Set 1	60%	5	
Set 2	70%	4	
Set 3	80%	3	
Set 4	80%	3	
Set 5 (non-pause)	50%	8	



Dumbbell Floor Bench Press (Single Arm): 6/6/6/6

Incline Dumbbell Bench Press: 10/10/8/8

Cable (Mid) Fly's: 20/20/20

Dumbbell Push up to Rows: 10/10/10

Dips: 15/15/15

Push Ups: 100

Sunday

off

Week 4

Monday

Barbell Rack Bench Press:

Set	%	Reps	Weight (fill in)
Set 1	60%	6	
Set 2	75%	5	
Set 3	90%	2-3	
Set 4	90%	1-3	
Set 5	90%	1-3	

DB Floor Bench Press 6/6/6/6

Barbell Shoulder Press: 8/8/8

Dips: 15/15/15



Arnold Dumbbell Press: 12/12/12

Front Plate Raises: 100

Lateral Shoulder Raises: 10/10/10

Rear Dealt Fly's: 15/15/15

Tuesday

Front Squats:

Set	%	Reps	Weight (fill in)
Set 1	50%	8	
Set 2	65%	6	
Set 3	80%	3	
Set 4	80%	3	
Set 5	50%	8	

Rack Pulls (Off Deadlift Max):

Set	%	Reps	Weight (fill in)
Set 1	70%	8	
Set 2	80%	6	
Set 3	85%	5	
Set 4	90%	4	
Set 5	100%	2	

Incline Chest supported Rows: 12/12/12

Lat Pull Downs (close)Reverse Grip: 15/10/8

Chin ups: 8/8/8

Hyperextensions (with 2 sec pauses at top): 8/8/8

Farmer Walk (20 sec): 3 sets



Wednesday

Close Grip Bench Press Reps: 10/8/6/6

Triceps extensions (Rope): 15/12/10/10

V Bar Triceps Extensions: 20/20/10/20

Overhead Triceps Ez Bar Extensions: 12/12/12

Preacher Curls: 20/20/20

Hammer Curls: 10/10/10

Chin Ups: 30 reps

Thursday

Box Squats

Set	%	Reps	Weight (fill in)
Set 1	75%	5	
Set 2	80%	4	
Set 3	85%	4	
Set 4	90%	2-4	
Set 5	50%	Amrap	

Deadlifts:

Set	%	Reps	Weight (fill in)
Set 1	80%	3	
Set 2	80%	3	
Set 3	90%	2	
Set 4	90%	1	
Set 5	50%	6	



Barbell Rows: 6/6/6

Lat Pull Downs Close Reverse Grip: 8/8/8/8

Lat Cable straight arm cable extensions: 15/15/15

Hyperextensions: 15/15/15

Friday

Off

Saturday

Bench Press: (Bodyweight)

Set 1 10 reps

Set 2 10 reps

Set 3 10 reps

Set 4 10 reps

Set 5 10 reps

Dumbbell Floor Bench Press 6/6/6/6

Incline Dumbbell Bench Press (Single Arm): 10/10/8/8

Cable (decline) Fly's: 20/20/20

Dips Weighted: 12/12/12

Push Ups: 100

Sunday

Off



Week 5

Monday

Single leg hip thrust: 8/8/8 (each leg)

Dumbbell squat jumps: 6/6/6

Squat:

Set	%	Reps	Weight (fill in)
Set 1	80%	5	
Set 2	80%	5	
Set 3	80%	5	
Set 4	80%	5	
Set 5	80%	5	

Goblet Squats: 10/10/10/10

Single Leg, Leg Press: 8/8/8 (each leg)

Box Jumps: 6/6/6/6

Tuesday

Barbell Bench Press:

Set	%	Reps	Weight (fill in)
Set 1	80%	3	
Set 2	85%	3	
Set 3	95%	1	
Set 4	80%	3	
Set 5	50%	10	

Single Dumbbell Single Arm Floor press: 8/8/8

Arm Incline Dumbbell Press; 5/5/5/5

Explosive bench pushups: 6/6/6

Dips (Fast): 10/10/10/10



A1 Pull Ups (Wide): 12/12/12

A2 Lat pull downs: 10/10/10

A1 Chin Ups: 10/10/10

A2 Lat pull downs reverse grip: 12/12/12

Wednesday

off

Thursday

Front Squat

Set	%	Reps	Weight (fill in)
Set 1	50%	8	
Set 2	65%	5	
Set 3	75%	4	
Set 4	85%	3	
Set 5	50%	8	

Wide Stance Squat (50% squat max): 12/12/12

A1 Glute Bridges: 10/10/10

A2 Jump Squats: 5/5/5

Leg extensions: 20/20/20

Bulgarian Split Squats: 8/8/8

Dumbbell Straight Leg Deadlifts: 8/8/8/8

Friday

Dumbbell Bench Press: 8/8/8/8



Dumbbell Incline Press: 8/8/8

Barbell Floor Press:

Set	%	Reps	Weight (fill in)
Set 1	50%	8	
Set 2	65%	5	
Set 3	75%	4	
Set 4	85%	3	
Set 5	50%	8	

A1 Cable Mid Chest Fly's: 12/12/12

A2 Pushups: 15/15/15

Barbell Rows: 8/6/6/10

Barbell Chest Supported Rows: 8/8/8

Wide Grip Pull Ups: 10/10/10

Saturday

off

Sunday

Box Squats:

Set	%	Reps	Weight (fill in)
Set 1	50%	8	
Set 2	60%	5	
Set 3	75%	3	
Set 4	75%	3	
Set 5	75%	3	

Depth Jumps: 4/4/4

(stand on bench/step down/ and immediately jump up as high as you can)



Broad Jumps: 4/4/4

Leg Press: 15/12/10/8

Bulgarian Split Squats: 8/8/8

Hamstring Curls: 15/12/10/8/8

Week 6

Monday

Off

Tuesday

Barbell Bench Press:

Set	%	Reps	Weight (fill in)
Set 1	50%	5	
Set 2	60%	3	
Set 3	70%	1	
Set 4	80%	1	
Set 5	90%	1	
Set 6	100%	1	
Set 7	100% +	1	

Dumbbell Incline Bench Press: 10/10/10

Dumbbell Single Arm Floor press: 8/8/8

Dips: 12/12/12/12



Wednesday

Back Squat:

Set	%	Reps	Weight (fill in)
Set 1	50%	5	
Set 2	60%	3	
Set 3	70%	1	
Set 4	80%	1	
Set 5	90%	1	
Set 6	100%	1	
Set 7	100% +	1	

Hamstring Curls: 10/10/10

Leg Press: 20/15/12/12

Leg extensions: 15/15/15

Thursday

Off

Friday

Deadlift:

Set	%	Reps	Weight (fill in)
Set 1	50%	5	
Set 2	60%	3	
Set 3	70%	1	
Set 4	80%	1	
Set 5	90%	1	
Set 6	100%	1	
Set 7	100% +	1	



Chin Ups: Amrap

Barbell Shoulder Press: 12/10/8/6

Chest Supported Dumbbell Rows: 8/8/8

Lateral Raises: 20/20/20

Your training is complete, treat yourself this weekend and get ready to go at it again. Yes!! Again. The great thing about this program is you can repeat it and still get results or choose another focus and make progress regardless. I want to thank you all so much for the support and doing this training. Please share your progress it would



mean a lot to me. Weights, Anime
and Gaming all day. #AKLAN

