



WORKOUT PLAN PDF

ULTIMATE CHEST – CHEST TRAINING PROGRAM

ULTIMATE CHEST is 8 weeks Chest training program to build Thickness & Width of chest muscle. This will help to gain 1-2 inches chest size and around 8 pounds of muscle mass in 8 weeks. Follow the exact workout & nutrition plan for the proper results.

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WORKOUT SPLIT

	OPTION 1	OPTION 2
MONDAY	STRENGTH - CHEST THICKNESS	-----
TUESDAY	-----	STRENGTH - CHEST THICKNESS
WEDNESDAY	-----	-----
THURSDAY	ENDURANCE – CHEST WIDTH	-----
FRIDAY	-----	ENDURANCE – CHEST WIDTH
SATURDAY	-----	-----
SUNDAY	REST	REST

Combine it with other workout plan

STRENGTH – CHEST THICKNESS

		EXERCISES	SETS	REPS	ALTERNATE EXERCISES
0	WARM UP	EMPTY BARBELL PRESS OR LIGHT DB PRESS	2-3	15-20	-----
1	REGULAR SET	DUMBBELL INCLINE PRESS	3-4	5-8	BARBELL INCLINE PRESS
2	REGULAR SET	BARBELL BENCH PRESS	3-4	5-8	DUMBBELL BENCH PRESS
3	REGULAR SET	BARBELL DECLINE PRESS	3-4	5-8	DUMBBELL DECLINE PRESS
4	REGULAR SET	WEIGHTED PUSH-UPS	3-4	5-8	-----

REST IS 2-3 MIN IN BETWEEN THE SET. INCREASE WEIGHT IN EVERY SET.

ENDURANCE – CHEST WIDTH

		EXERCISES	SETS	REPS	ALTERNATE EXERCISES
0	WARM UP	EMPTY BARBELL PRESS OR LIGHT DB PRESS, LIGHT DB FLY	3	15-20	-----
1	REGULAR SET	DUMBBELL INCLINE FLY	3-4	12-15	-----
2	REGULAR SET	DUMBBELL FLAT BENCH FLY	3-4	12-15	-----
3	REGULAR SET	DUMBBELL DECLINE FLY	3-4	12-15	-----
4	REGULAR SET	MACHINE FLY	3-4	12-15	CABLE FLY

REST IS 45-60 SEC IN BETWEEN THE SET. INCREASE WEIGHT IN EVERY SET.

WORKOUT COMBINATIONS

HERE'S THE SAMPLE WORKOUT SPLITS, IF YOU WANT TO COMBINE ULTIMATE CHEST PROGRAM WITH OTHER BODY PARTS.

NOTE: DO NOT MISS ANY OTHER MUSCLE WHILE FOLLOWING THIS PROGRAM.

FOLLOW ANY OF THE SPLIT BELOW

	SPLIT 1
MONDAY	STRENGTH – CHEST THICKNESS
TUESDAY	ARMS
WEDNESDAY	BACK + ABS
THURSDAY	ENDURANCE – CHEST WIDTH
FRIDAY	SHOULDERS + CARDIO
SATURDAY	LEGS
SUNDAY	REST

	SPLIT 2
MONDAY	BACK + ABS
TUESDAY	STRENGTH – CHEST THICKNESS
WEDNESDAY	ARMS
THURSDAY	SHOULDERS + CARDIO
FRIDAY	ENDURANCE – CHEST WIDTH
SATURDAY	LEGS
SUNDAY	REST

	SPLIT 3
MONDAY	ARMS + ABS
TUESDAY	STRENGTH – CHEST THICKNESS
WEDNESDAY	BACK
THURSDAY	SHOULDERS + CARDIO
FRIDAY	ENDURANCE – CHEST WIDTH
SATURDAY	LEGS
SUNDAY	REST

NOTE: GIVE 48-72 HOURS REST IN-BETWEEN THE ARMS (STRENGTH) AND ARMS (ENDURANCE) EXERCISES.

ULTIMATE CHEST & 17 INCHES

	SPLIT
MONDAY	STRENGTH – CHEST THICKNESS + ABS
TUESDAY	STRENGTH – BICEPS/TRICEPS
WEDNESDAY	BACK + SHOULDERS
THURSDAY	ENDURANCE – CHEST WIDTH + ABS
FRIDAY	ENDURANCE – BICEPS/TRICEPS
SATURDAY	LEGS + CARDIO
SUNDAY	REST

YOU CAN COMBINE ULTIMATE CHEST WITH ANY OTHER MUSCLE BUILDING PROGRAM LIKE: **MASS UP, MASS XL, PURE MASS & SIZE 8**