

THE BEST CHEST WORKOUT for beginners

Pump up your pecs with this targeted chest routine for the rookie lifter.



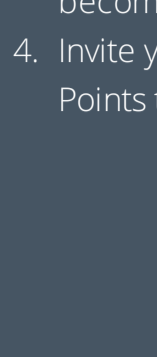
23 days

12 workouts

~28 minutes

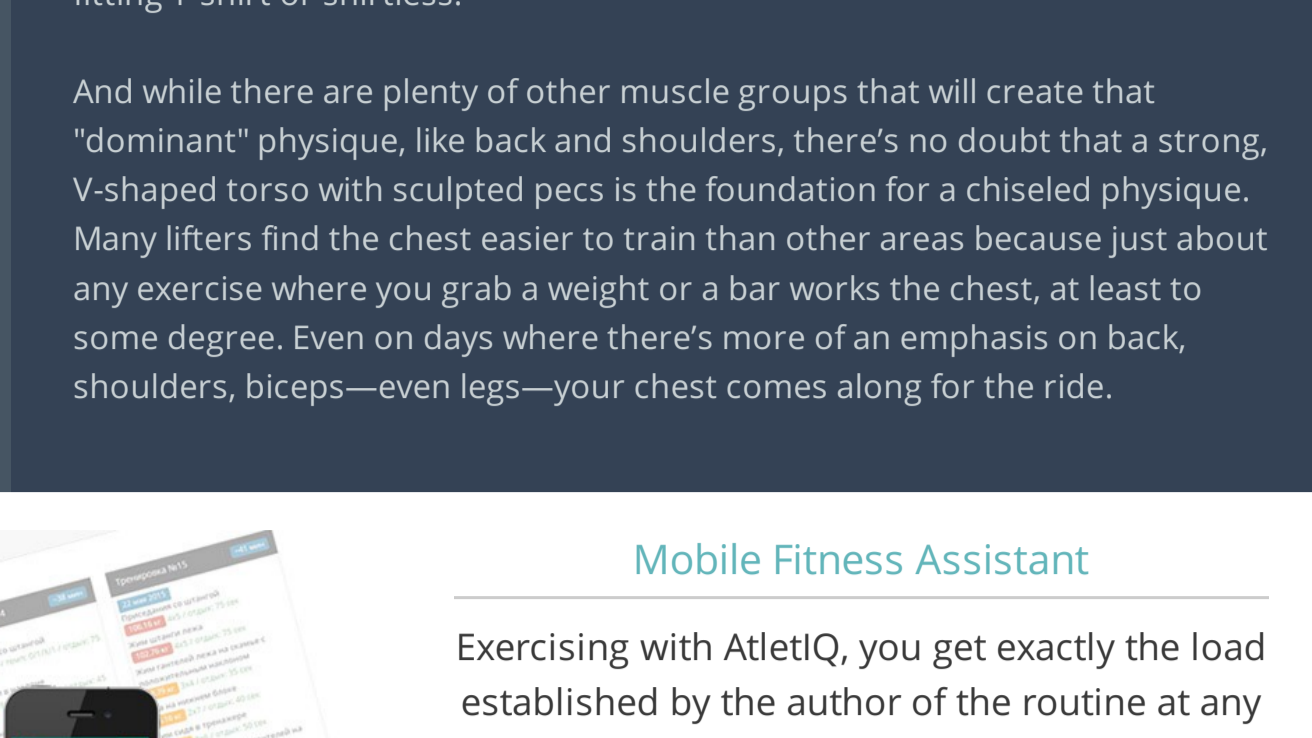
Most athletes new to lifting focus on the chest. After all, that's the most time-efficient way to look stronger and more muscular, whether you're in a form-fitting T-shirt or shirtless.

<https://atletiq.com/en/programms/755>



Author: **AtletIQ**

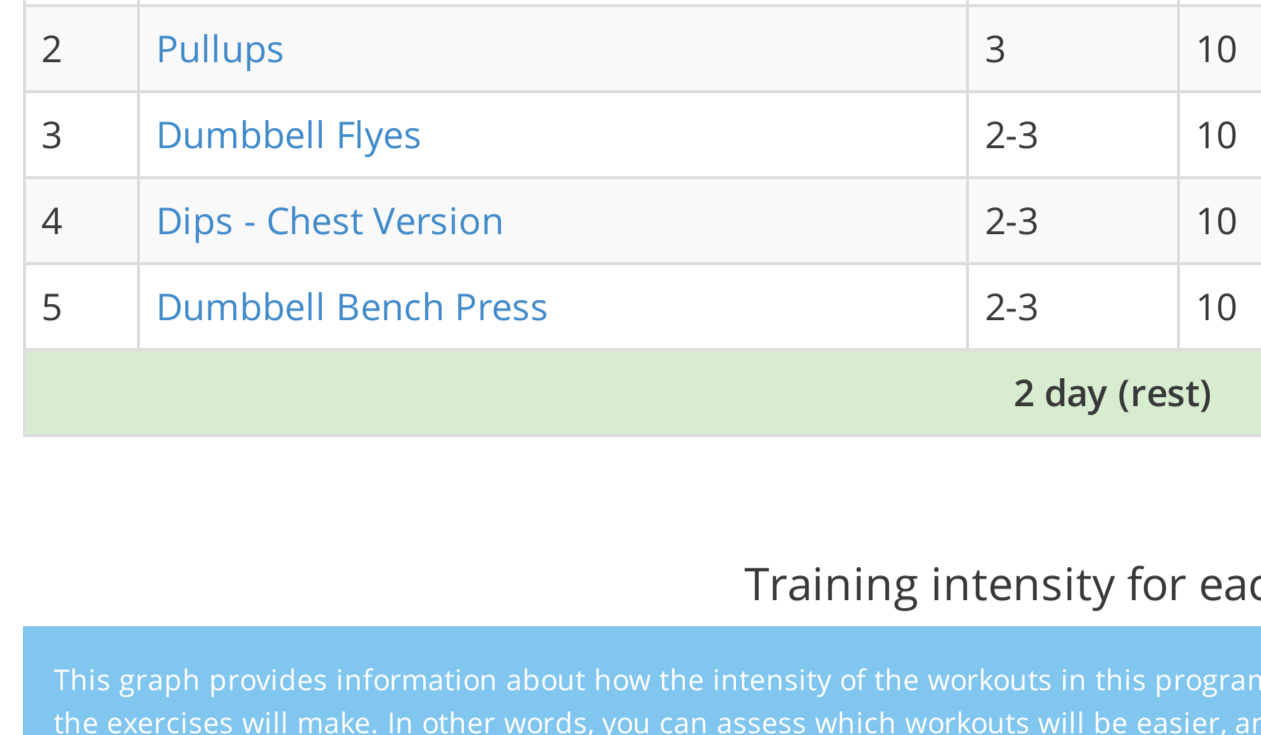
AtletIQ — fitness service that brings together coaches and athletes in a single social network with a universal constructor programs and mobile assistant for their performance.



3 exercises that will help the beginner correctly start to train the pecs.

Most athletes new to lifting focus on the chest. After all, that's the most time-efficient way to look stronger and more muscular, whether you're in a form-fitting T-shirt or shirtless.

And while there are plenty of other muscle groups that will create that "dominant" physique, like back and shoulders, there's no doubt that a strong, V-shaped torso with sculpted pecs is the foundation for a chiseled physique. Many lifters find the chest easier to train than other areas because just about any exercise where you grab a weight or a bar works the chest, at least to some degree. Even on days where there's more of an emphasis on back, shoulders, biceps—even legs—your chest comes along for the ride.



Mobile Fitness Assistant

Exercising with AtletIQ, you get exactly the load established by the author of the routine at any one time performing a workout. In training you will spend only as much force as necessary to fulfill the tasks set by coach

Install App «Mobile Fitness Assistant AtletIQ»: <https://atletiq.com/app>

The content of of the program

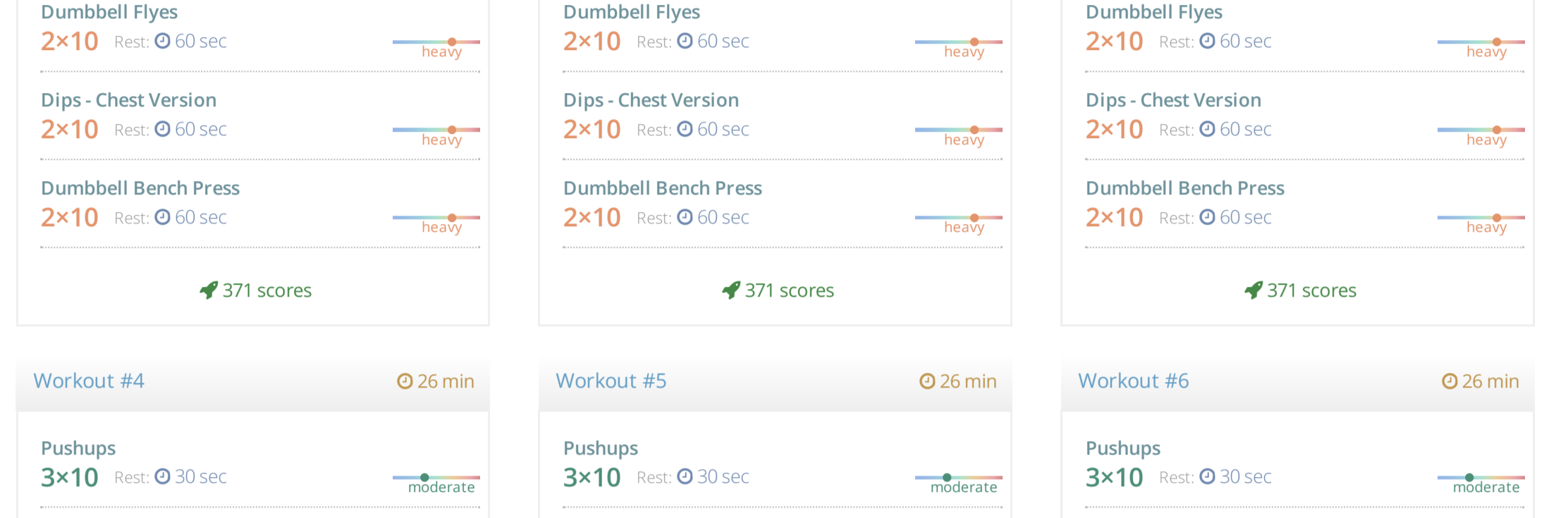
Duration in days: 23 | Amount of training days: 12 | Rest days: 11

This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

| # | Exercise (superset) | Sets | Reps | Rest between sets |
|---------------------|----------------------|------|------|-------------------|
| 1 day | | | | |
| 1 | Pushups | 3 | 10 | 30 sec |
| 2 | Pullups | 3 | 10 | 30 sec |
| 3 | Dumbbell Flies | 2-3 | 10 | 50-60 sec |
| 4 | Dips - Chest Version | 2-3 | 10 | 50-60 sec |
| 5 | Dumbbell Bench Press | 2-3 | 10 | 50-60 sec |
| 2 day (rest) | | | | |

Training intensity for each exercise

This graph provides information about how the intensity of the workouts in this program will change, and what contribution to the overall load each of the exercises will make. In other words, you can assess which workouts will be easier, and which — heavier.



For each exercise AtletIQ calculate a weight (or adjust the number of repetitions), so that you can perform a specified number of repetitions with a given load level.

Workout #1 ⌚ 27 min

Pushups 3x10 Rest: 30 sec moderate

Pullups 3x10 Rest: 30 sec moderate

Dumbbell Flies 2x10 Rest: 60 sec heavy

Dips - Chest Version 2x10 Rest: 60 sec heavy

Dumbbell Bench Press 2x10 Rest: 60 sec heavy

👉 371 scores

Workout #2 ⌚ 27 min

Pushups 3x10 Rest: 30 sec moderate

Pullups 3x10 Rest: 30 sec moderate

Dumbbell Flies 2x10 Rest: 60 sec heavy

Dips - Chest Version 2x10 Rest: 60 sec heavy

Dumbbell Bench Press 2x10 Rest: 60 sec heavy

👉 371 scores

Workout #3 ⌚ 27 min

Pushups 3x10 Rest: 30 sec moderate

Pullups 3x10 Rest: 30 sec moderate

Dumbbell Flies 2x10 Rest: 60 sec heavy

Dips - Chest Version 2x10 Rest: 60 sec heavy

Dumbbell Bench Press 2x10 Rest: 60 sec heavy

👉 371 scores

Workout #4 ⌚ 26 min

Pushups 3x10 Rest: 30 sec moderate

Pullups 3x10 Rest: 30 sec moderate

Dumbbell Flies 2x10 Rest: 60 sec heavy

Dips - Chest Version 2x10 Rest: 60 sec heavy

Dumbbell Bench Press 2x10 Rest: 60 sec heavy

👉 371 scores

Workout #5 ⌚ 26 min

Pushups 3x10 Rest: 30 sec moderate

Pullups 3x10 Rest: 30 sec moderate

Dumbbell Flies 2x10 Rest: 60 sec heavy

Dips - Chest Version 2x10 Rest: 60 sec heavy

Dumbbell Bench Press 2x10 Rest: 60 sec heavy

👉 371 scores

Workout #6 ⌚ 26 min

Pushups 3x10 Rest: 30 sec moderate

Pullups 3x10 Rest: 30 sec moderate

Dumbbell Flies 2x10 Rest: 60 sec heavy

Dips - Chest Version 2x10 Rest: 60 sec heavy

Dumbbell Bench Press 2x10 Rest: 60 sec heavy

👉 371 scores

Workout #7 ⌚ 30 min

Pushups 3x10 Rest: 30 sec moderate

Pullups 3x10 Rest: 30 sec moderate

Dumbbell Flies 3x10 Rest: 60 sec heavy

Dips - Chest Version 3x10 Rest: 60 sec heavy

Dumbbell Bench Press 3x10 Rest: 60 sec heavy

👉 489 scores

Workout #8 ⌚ 30 min

Pushups 3x10 Rest: 30 sec moderate

Pullups 3x10 Rest: 30 sec moderate

Dumbbell Flies 3x10 Rest: 60 sec heavy

Dips - Chest Version 3x10 Rest: 60 sec heavy

Dumbbell Bench Press 3x10 Rest: 60 sec heavy

👉 489 scores

Workout #9 ⌚ 30 min

Pushups 3x10 Rest: 30 sec moderate

Pullups 3x10 Rest: 30 sec moderate

Dumbbell Flies 3x10 Rest: 60 sec heavy

Dips - Chest Version 3x10 Rest: 60 sec heavy

Dumbbell Bench Press 3x10 Rest: 60 sec heavy

👉 489 scores

Workout #10 ⌚ 28 min

Pushups 3x10 Rest: 30 sec moderate

Pullups 3x10 Rest: 30 sec moderate

Dumbbell Flies 3x10 Rest: 60 sec heavy

Dips - Chest Version 3x10 Rest: 60 sec heavy

Dumbbell Bench Press 3x10 Rest: 60 sec heavy

👉 489 scores

Workout #11 ⌚ 28 min

Pushups 3x10 Rest: 30 sec moderate

Pullups 3x10 Rest: 30 sec moderate

Dumbbell Flies 3x10 Rest: 60 sec heavy

Dips - Chest Version 3x10 Rest: 60 sec heavy

Dumbbell Bench Press 3x10 Rest: 60 sec heavy

👉 489 scores

Workout #12 ⌚ 28 min

Pushups 3x10 Rest: 30 sec moderate

Pullups 3x10 Rest: 30 sec moderate

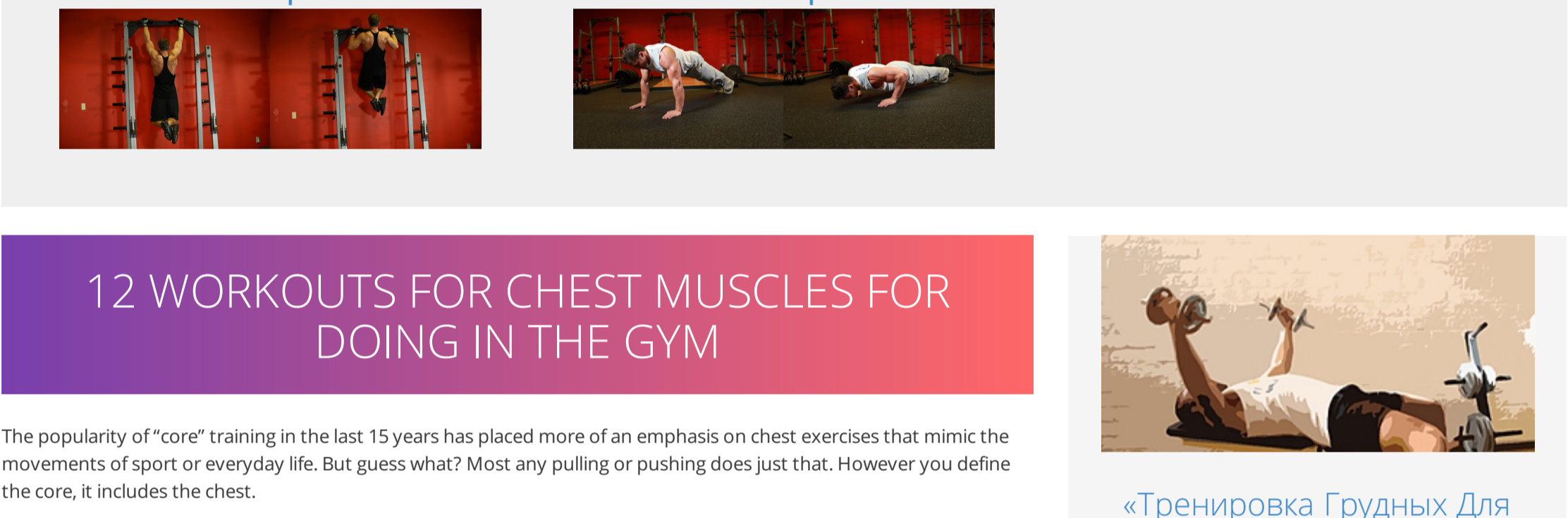
Dumbbell Flies 3x10 Rest: 60 sec heavy

Dips - Chest Version 3x10 Rest: 60 sec heavy

Dumbbell Bench Press 3x10 Rest: 60 sec heavy

👉 489 scores

Directory of the exercises



12 WORKOUTS FOR CHEST MUSCLES FOR DOING IN THE GYM

The popularity of "core" training in the last 15 years has placed more of an emphasis on chest exercises that mimic the movements of sport or everyday life. But guess what? Most any pulling or pushing does just that. However you define the core, it includes the chest.

Some exercises target the chest especially well—and those are the ones we'll focus on in this ideal chest workout for beginners. But take note: just because it's for beginners does not mean it will be easy, so limit it to twice a week to provide for adequate recovery.

Complete a 5- to 10-minute cardio warmup, then perform 2-3 rounds of this circuit.

«Тренировка Грудных Для Новичков»
Mass Gain

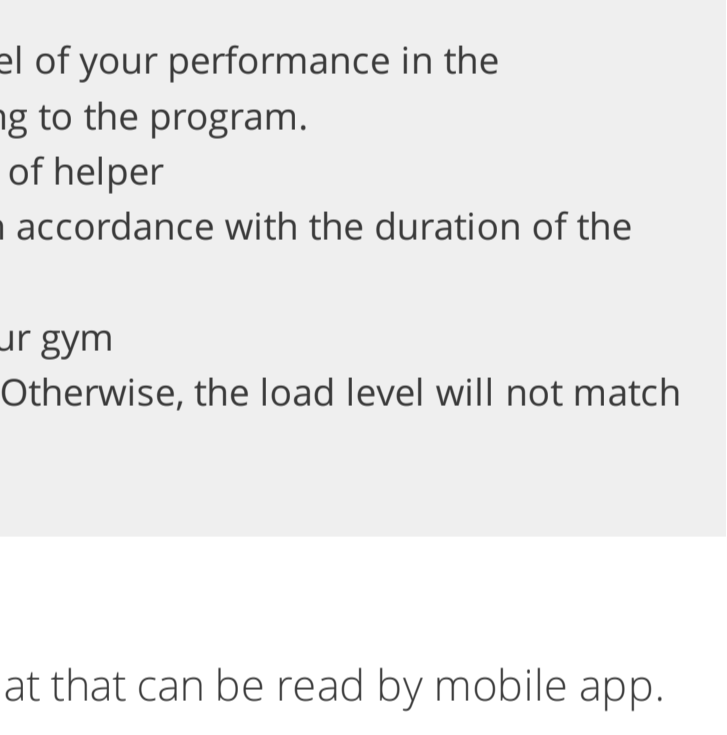
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Автор программы **AtletIQ**

[Подробнее о программе](#)

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General recommendations on training with AtletIQ

AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special training Form, data is transferred after a workout to your personal account and are considered in the following training.
- During training, you will carry out step by step application and assess the level of load obtained after the completion of each set.
- The application will compare your score with the planned load and adjust the level of your performance in the up down so that you will always schedule a predetermined level of load according to the program.
- On training days, on which work is scheduled to failure, take care of the presence of helper
- If you go back to training after a long rest, your power rates will be recalculated in accordance with the duration of the break.
- Try to set the weights as close to the calculated considering the capabilities of your gym
- Precisely follow the instructions on the pace of the exercise, if they are specified. Otherwise, the load level will not match the the planned.

How to use mobile assistant?

Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

Automatic timer programming, the tempo-indicator of exercise, instant adjustment of load to suit your force capabilities - these are not all application features.



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Workout routines
Gain Strength / Bulking / Cutting

AtletIQ — fitness service that brings together coaches and athletes into one social network with a special designer of workout routines and mobile assistant for their performance.

[Affiliate program for coaches](#)

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