

chest for the HOLIDAYS

This is a streamlined chest workout with lots of pump for your pecs! Chest muscles are typically stimulated with pressing or fly movements. These muscles are fan shaped and require stimulation from all angles for full development. Try some variety by combining a compound movement with a multi-directional bodyweight exercise. While you're at it, step up the pace.

1. PUSH-UPS

Start with your hands on a flat bench, shoulder width apart. Do a set of ten, touching your chest to the bench. Without resting, place your toes on the bench, hands on the floor, shoulder width apart. Perform a set of ten push-ups, taking your chest down to a fist's width from the floor. Without resting, do a set of ten push-ups with your hands and feet on the floor. Yes, this is 30 push-ups. Make sure you are not shrugging, but bending your elbows while lowering your chest. Try not to sag in the middle but keep a strong core. Do not rest between push-ups! If you have been benching heavy with a slow pace, this will be a challenging change.

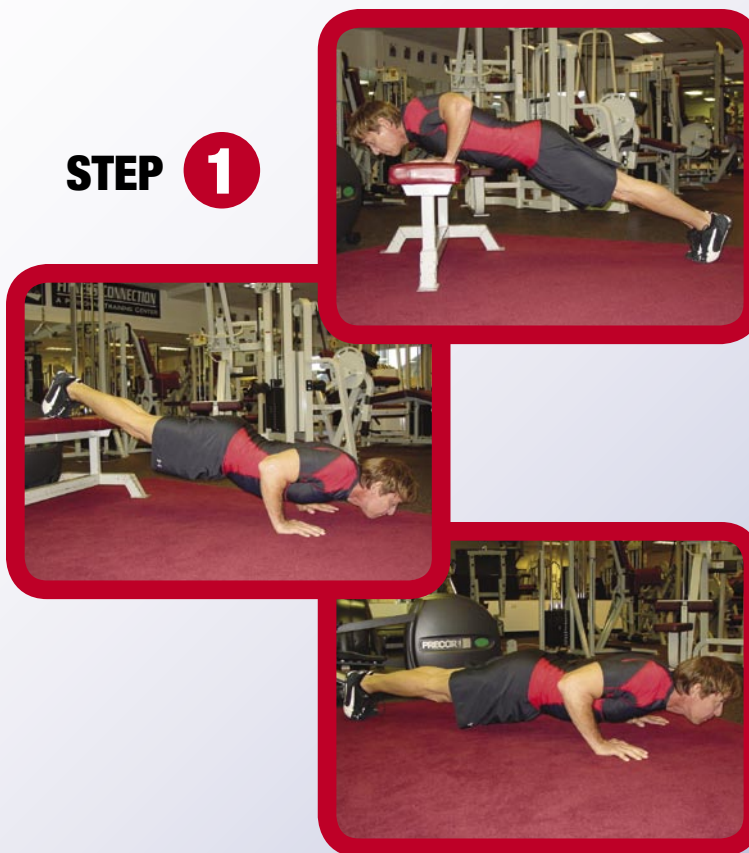
2. FREE-WEIGHT BARBELL INCLINE PRESS

Start lighter than usual. Grip the bar shoulder width apart. Bring the bar down under control to the upper chest and return to the start position. Flex your pecs at the top, trying not to rest there, but moving on to the next repetition. Perform a set of ten reps. If successful, you can up the resistance next time. Your wrists should stay in alignment with your hands, knuckles facing the ceiling. Keep the hips down and in contact with the bench, no arching.

Execute three to four rounds of push-ups combined with barbell inclines, going up on the weight with each set. The advanced weight trainer could add three sets of flat dumbbell flies to this lineup (not pictured). The push-up series is great for the home exerciser or vacationer because no equipment is needed except an elevated flat surface sprinkled with motivation. So no excuses! Keep your exercise program on track and don't be a victim of the dreaded holiday bulge. Value your health, stay strong, and remain alert for 2009. Train hard.

model: jerry impastato

STEP 1



STEP 2



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