

## Twitter Thread by [F2F Founder | Transformation Coach](#)



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### 6 Exercises that will transform your chest:

= Thread =



A strong chest plays a vital role in physical performance and health!

A strong and muscular chest benefits you by:

- Lifting heavier
- Strengthening and supporting your back
- Improving posture
- Improving movement
- Enables deeper breathing
- Looking good
- Being jacked

## 1. Decline Bench Press

A great exercise to start your workouts, especially if you experience shoulder pain:

- Increased Activation of Lower Pecs.
- Increase Tricep Activation
- Reduced Stress on Back
- Reduced Stress on Shoulders
- Lift More Weight
- Build a thick chest!



## 2. Incline Dumbbell Press

Designed to build chest strength and size, so is included in most well-rounded chest workouts:

- Works chest & delts through a long range of motion in a stable position
- Builds your upper chest
- Prevent muscle imbalance
- Look sick in a singlet!





### 3. Dips

Another forgotten old-school chest builder!

- Can do body weight or add weights
- Works entire upper-body
- Engages core
- Increase flexibility
- Reduce injuries
- High range of motion and muscle stretch
- The Rock does them

\*lean forward to focus more on the chest



#### 4. Machine Chest Press

A compound exercise to do near the end of a workout

- Develops chest, deltoids, and triceps
- Works your serratus anterior and biceps
- Builds upper body strength and power
- Improves movement efficiency
- Good for beginners still developing stabilisers



#### 5. Flat Dumbbell Fly

The dumbbell chest fly can help open up your chest muscles

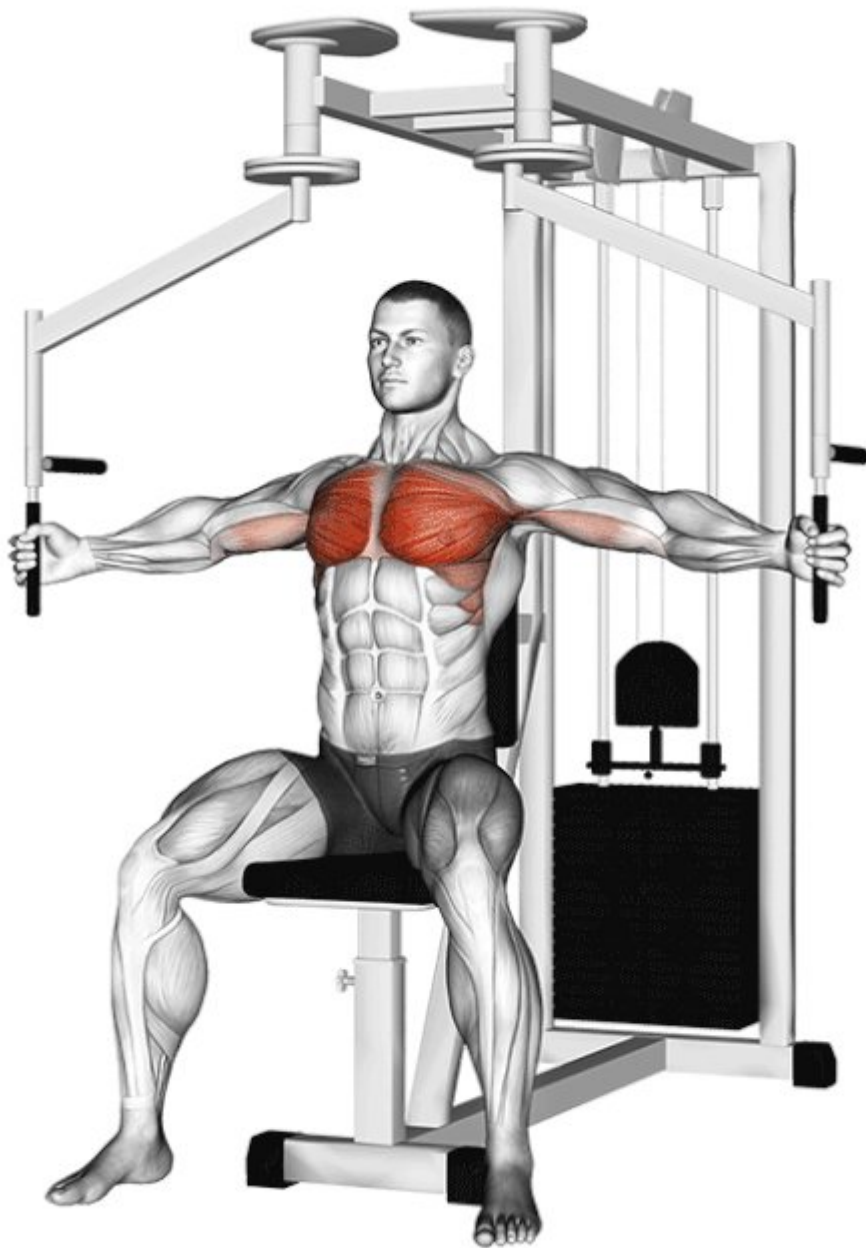
- Increased Strength
- Increase Range of Motion
- Increased Shoulder Strength
- Better Core Stability
- Increased Core Strength
- Improved Muscular Balance
- Decrease Back Pain



#### 6. Pec Deck/Pec Fly Machine

The pec deck is an excellent option to increase your chest muscle hypertrophy

- Strengthens your torso and stabilizes shoulder blades
- Strengthens supporting muscles, like the serratus anterior
- Opens up and strengthens the backs of your shoulders



Are you ready to take your chest to the next level?

Put these all together and give this workout a try!

Add reps and weight each week for progressive overload!

Exercise	Sets	Repetitions	Rest
1. Decline Bench Press	5	8-12	90 seconds
2. Incline Dumbbell Bench Press	4	8-12	90 seconds
3. Dips	4	12	90 seconds
4. Machine Bench Press	3	12	90 seconds
5. Dumbbell Fly	4	8-10	60 seconds
6. Pec Deck/Machine Fly	3	8-12	60 seconds

PS.

Are you tired of being overweight?

No time?

No energy?

No worries!

Grab my free Foundations to Fitness eBook to get you started!

<https://t.co/hKA1NFGwbv>



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Thanks for reading!

If you enjoyed this thread, follow me [@F2FCoach](#) and retweet the first tweet

This account exists to help you:

- Transform your body
- Create a healthier life
- Improve your mindset

Have an awesome day!

<https://t.co/eerS5Jp8vX>

6 Exercises that will transform your chest:

= Thread = [pic.twitter.com/ss0QYR5HyB](https://pic.twitter.com/ss0QYR5HyB)

— F2F Founder | Transformation Coach (@F2FCoach) [October 27, 2022](#)

P.S.

I'm looking for ONE MAN who wants to drop 20+ lbs, and gain muscle before 2023 even starts!

If you have 3 hours a week, this is for you.

DM me "YES" and I'll get you the details

(Not free. I work 1-1 with you for 3 months. Results guaranteed)

<https://t.co/y5EnIMNQfs>