Twitter Thread by F2F Founder | Transformation Coach

F2F Founder | Transformation Coach
@F2FCoach

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 should 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

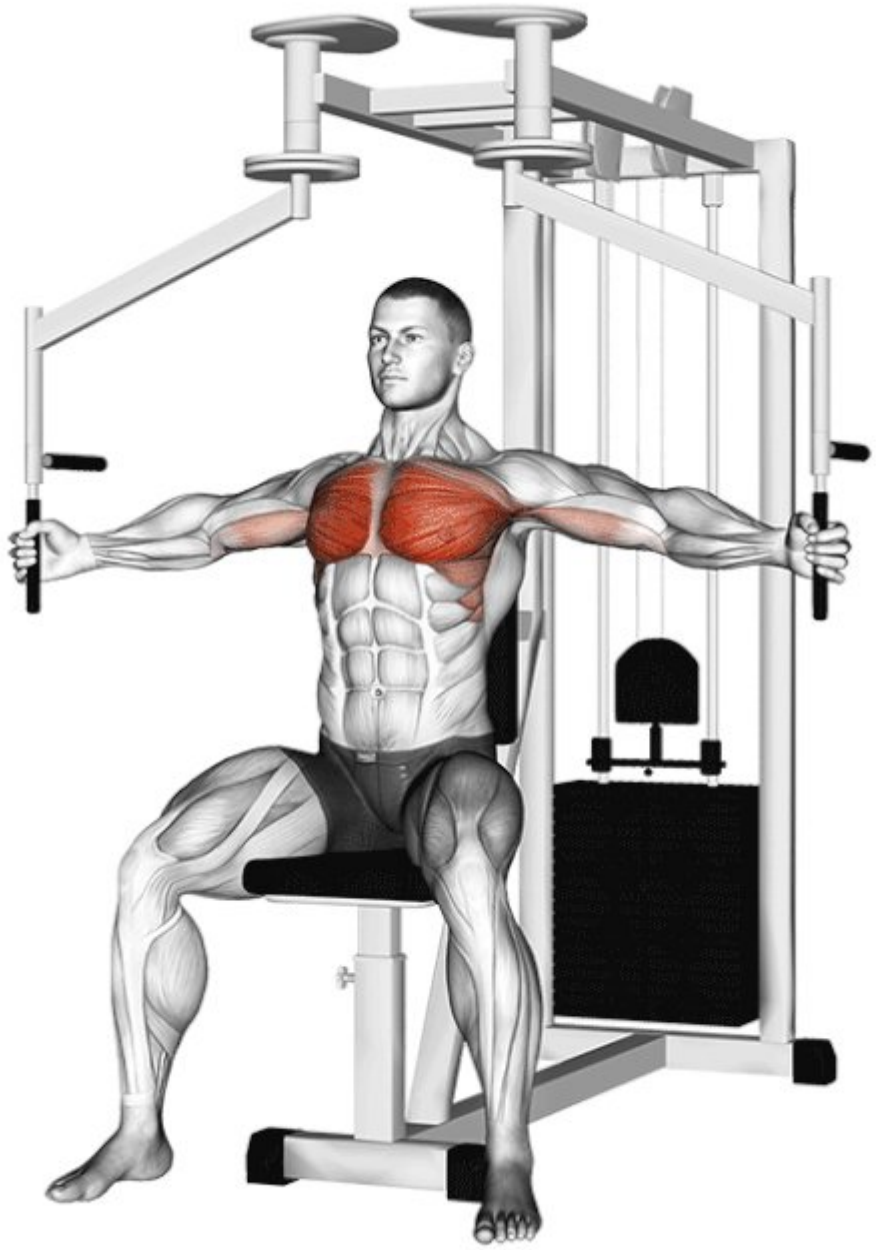
• Increased Strength
• Increase Range of Motion
• Increased Shoulder Strength
• Better Core Stability
• Increased Core Strength
• Improved Muscular Balance
• Decrease Back Pain



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.

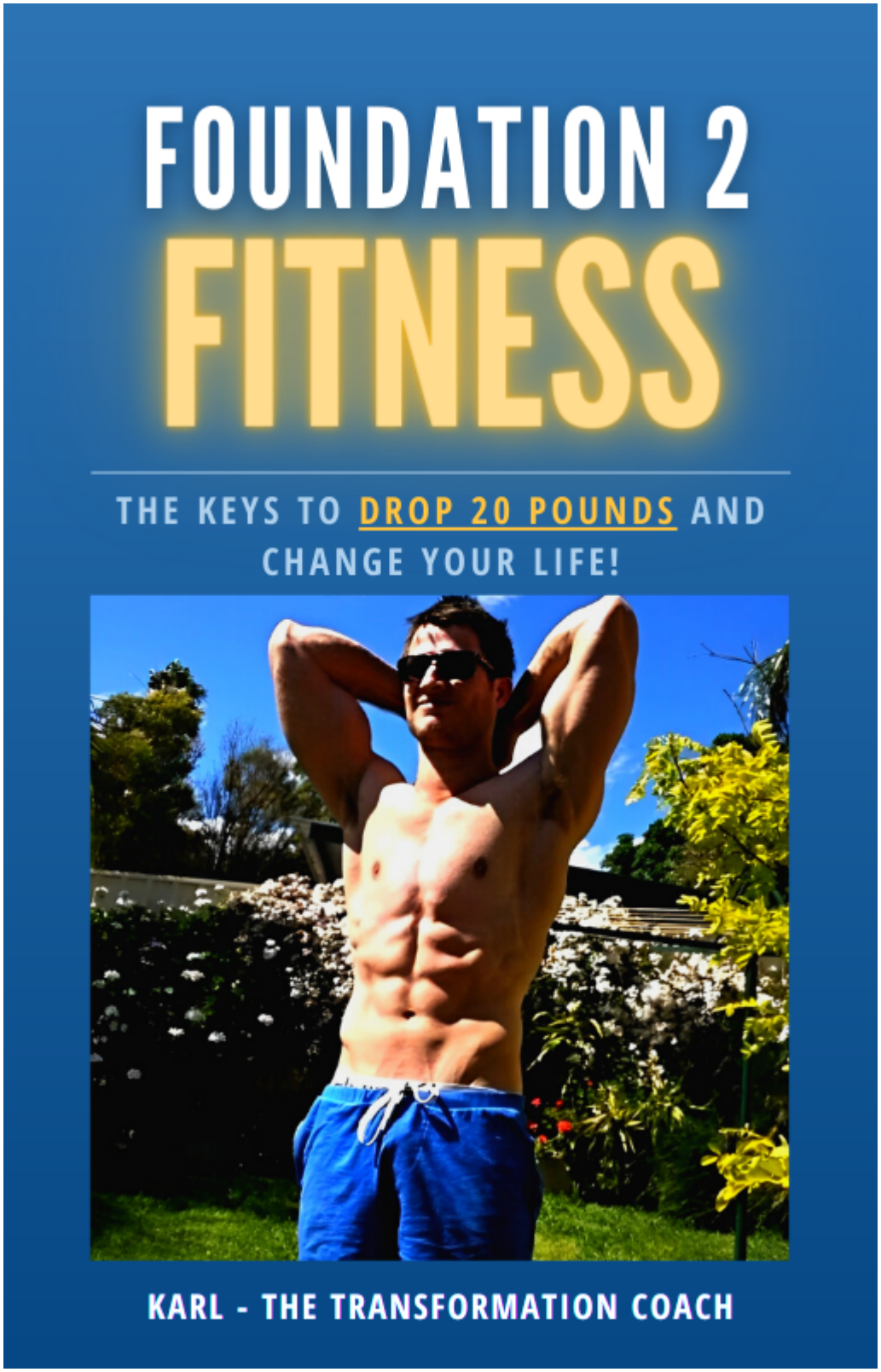
Are you tired of being overweight?

No time?
No energy?

No worries!

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

https://t.co/hKA1NFGwbv



Do you want to transform your body in 90 days guaranteed?

Check out the Foundation 2 Fitness Coaching opportunities

Limited spots for a limited time!

https://t.co/JWYKFd4zLY

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
>
> — 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