



THE BEST CHEST WORKOUT

for beginners

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

Beginner

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.

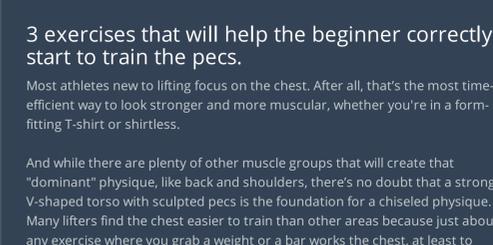
<https://atletiq.com/en/programms/755>



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.

1. Choose a program and perform training with a mobile assistant.
2. The harder the workout, the more points you will earn.
3. Grip in Top athletes as long as possible and become popular.
4. Invite your friends to the service and get bonus Points to activate the closed programs!



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

1 «1 месяц»

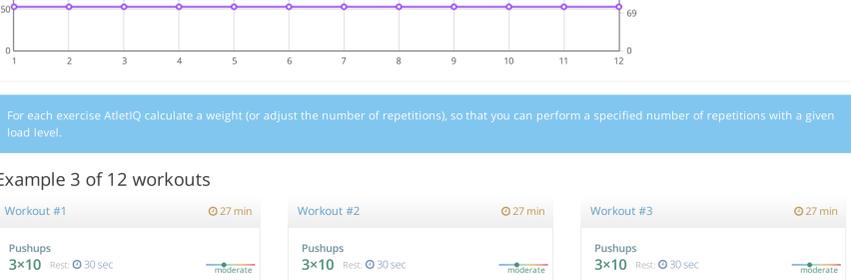
Duration in days: 23 | Amount of training days: 12 | Rest days: 11

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 |

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.

Example 3 of 12 workouts

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

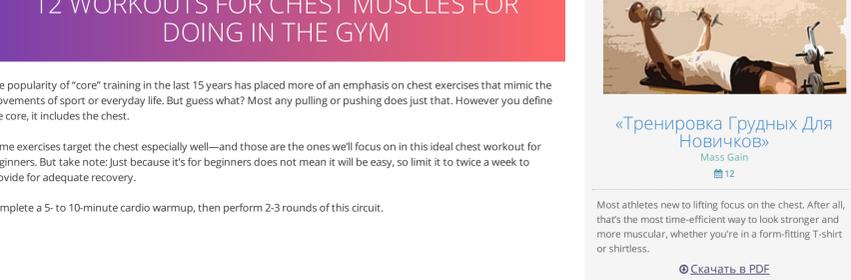
371 scores

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

Directory of the exercises



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12 WORKOUTS FOR CHEST MUSCLES FOR DOING IN THE GYM



«Тренировка Грудных Для Новичков»
Mass Gain
12

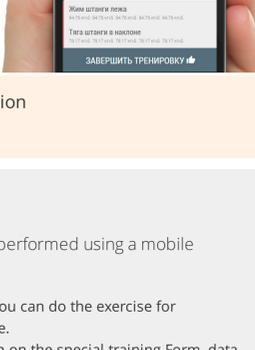


Автор программы **AtletIQ**

[Подробнее о программе](#)

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<https://atletiq.com/app>



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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 or down so that you will always receive 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 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.



[Install App](#)

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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