

Beginner 2-Week Chest Strength Program

Designed for beginners looking to build chest strength safely and effectively.

Program Overview

Frequency: 2 chest workouts per week (Example: Monday & Thursday) Goal: Increase strength, improve form, and build muscle Rest Between Sets: 60–90 seconds Progression: Add 5–10 lbs in Week 2 if all reps are completed with good form

Week 1 Workouts

- 1. Barbell Bench Press – 4 sets x 8 reps (Focus on controlled movement, feet flat, slight arch in back)
- 2. Incline Dumbbell Press – 3 sets x 10 reps (Control the weight, full stretch at bottom)
- 3. Chest Press Machine – 3 sets x 12 reps (Slow and steady tempo)
- 4. Push-Ups – 3 sets to near failure (Modify on knees if needed)
- 5. Plank – 3 sets x 30–45 seconds (Core stability supports bench strength)

Week 2 Workouts

- 1. Barbell Bench Press – 5 sets x 5 reps (Increase weight slightly)
- 2. Incline Dumbbell Press – 4 sets x 8 reps (Heavier than Week 1)
- 3. Dumbbell Chest Fly – 3 sets x 12 reps (Light weight, stretch and squeeze)
- 4. Chest Dips (Assisted if needed) – 3 sets x 8–10 reps
- 5. Push-Ups – 3 sets to failure

Warm-Up Protocol (Before Every Workout)

• 5–10 minutes light cardio (treadmill, bike, or rower) • Arm circles and shoulder mobility drills • 2 light warm-up sets of bench press before working weight

Coaching Tips

- Focus on proper form before adding weight
- Keep shoulder blades pulled back during presses
- Lower the bar with control (2 seconds down)
- Track your weights to measure progress
- Eat sufficient protein and stay hydrated