

THE ULTIMATE GUIDE TO

IRON CHEST

*by Vinicius Reali*

VR



# 3 WEEKS CHEST PLAN

. Use these workouts **alongside your normal routine to help improve muscle growth.**

. Use one session per week, as a **2nd chest workout each week for 6 weeks**, rotating the 3 sessions for the duration and/or until you see the gains you desire.

. A 2nd session each week **will help to build your chest more effectively!**

*3 SESSIONS & 3 DIFFERENT TRAINING STYLES*

**WEEK 1 - HYPERTROPHY**

**WEEK 2 - VOLUME TRAINING**

**WEEK 3 - SUPERSETS**



# DEFINITIONS

**WORK TO FAILURE.** This means to use a weight that gets you to failure (i.e. not being able to lift anymore), at the number of reps stated for each exercise. So gradually as you go on with the plan, the weight you use will increase but number of reps stays the same.

**TEMPO.**, i.e. the rhythm and timing for each exercise is important, and by varying this you will work your muscles in different ways.  
An example: 1-0-2 means 1 second lifting the weight, followed by immediately lowering the weight slowly to a count of 4 seconds.

**SUPERSETS.** Perform 2 consecutive exercises for specified number of reps with no rest between.

**DROPSETS.** Perform stated reps then drop weight and perform stated reps again. This is ONE complete set.



[Click on each exercise for video](#)

# HYPERTROPHY

## WORK TO FAILURE

Warm-up	Sets	Reps
<u>Rotator cuffs</u>	3	10-12 each angle
<u>Bench Press</u>	3	10-12

Working Sets	Sets	Reps	Tempo
<u>Bench Press</u>	5	10,8,6,6,10	1-0-2
<u>Incline DB Press</u>	4	8-10	1-0-2
<u>Incline DB Fly</u>	5	10,8,6,6,10	1-0-2
<u>Mach. Chest Press</u>	4	8-10	1-0-2
<u>Decline Cable Fly</u>	3	10-12	1-0-2
<u>Assisted Dips</u>	3	10-12	1-0-2

### REST PERIODS:

**90 SECONDS BETWEEN EACH SET**

**120 SECONDS BETWEEN EACH EXERCISE**

ASRU

VR

[Click on each exercise for video](#)

# VOLUME TRAINING

## WORK TO FAILURE

Warm-up	Sets	Reps
<u>Rotator cuffs</u>	3	10-12 each angle
<u>Bench Press</u>	3	10-12

Working Sets	Sets	Reps	Tempo
<u>Bench Press</u>	5	10	1-0-2
<b>No rest between these exercises</b>			
<u>Flat DB Press</u>	5	10	1-0-2
<u>Flat Bench DB Fly</u>	3	15	1-0-2
<u>Incline Press</u>	4/5	10	1-0-2
<b>No rest between these exercises</b>			
<u>Incline DB Press</u>	4/5	10	1-0-2
<u>Decline Cable Fly</u>	3	15	1-0-2

**REST PERIODS:**  
**90 SECONDS BETWEEN EACH SET**  
**120 SECONDS BETWEEN EACH EXERCISE**

Click on each exercise for video

# SUPERSETS

## WORK TO FAILURE & AIM FOR HIGHER REPS

Warm-up	Sets	Reps
<u>Rotator cuffs</u>	3	10-12 each angle
<u>Incline DB Press</u>	3	10-12

Working Sets	Sets	Reps	Tempo
<u>Incline DB Press</u>	4	8-10	1-0-2
<b>Superset</b>			
<u>Decline Cable Fly</u>	4	10-12	1-0-2
<u>Bench Press</u>	4	8-10	1-0-2
<b>Superset</b>			
<u>Incline DB Fly</u>	4	10-12	1-0-2
<u>Mach Chest Press</u>	3	10-12	1-0-2
<u>Machine Fly</u> <b>Dropsets</b>	3	10-12	1-0-1

### REST PERIODS:

**90 SECONDS BETWEEN EACH SET**

**120 SECONDS BETWEEN EACH EXERCISE**



# NOTE

**Vinicius Nogueira de Freitas accepts no liability for any injury, loss or damage resulting from physical exercise. By following this plan you voluntarily assume the inherent risk of physical/resistance training. Always ensure your technique is correct and train within your own capabilities and observe any safety practices of conducts present within your gym.**



**[aestheticbodyvr.com](http://aestheticbodyvr.com)**

**VR**  
AESTHETIC BODY