

Pro Level Chest Workout for Rapid Growth Training

Team ALLMAX Athletes Steve Kuclo and Pham Flexx

Building big pecs takes a multifaceted approach to ensuring all parts of the muscle are hit from multiple angles to force the maximum amount of growth. This workout will leave you feeling physically drained but satisfied that every ounce of effort has been applied to develop massive pecs.

Weight Selection: Choose a weight you can just barely reach 12 reps with. If you hit failure before 12, move down in weight by 5LB increments. If you aren't failing in 12, increase either your reps (to 20) or weight.

WARNING: This workout is not for the faint of heart - be sure you are an intermediate to advanced weight trainer and have ample rest to recover from this extreme amount of training.

Supplements:

- **Pre-Workout** – RAZOR8 + HVOL
- **Intra-Workout** – AMINOCORE + CARBION+
- **Post-Workout** – ISOFLEX + CVOL CAPSULES

Workout Plan:

Exercise #1: Incline Dumbbell Press

- Reps: 10-12
- Sets: 3
- Intensity method: Drop Set

Exercise #2: Dumbbell Flye-Press Variation to Failure (superset with Push-ups)

- Reps 10-12 (for Flye-Press); 20 (for Push-ups)
- Sets: 3

Exercise #3: Hammer Flat Press (with a slight incline)

- Reps: 8-12 (with four plates)
- Sets: 3

Exercise #4: Incline Hammer Press (superset with Pec Deck machine and Standing Cable Flye machine)

- Reps: 10-12
- Sets: 3 supersets (nine sets total)