

## MOVE 1: ALTERNATING INCLINE PRESS



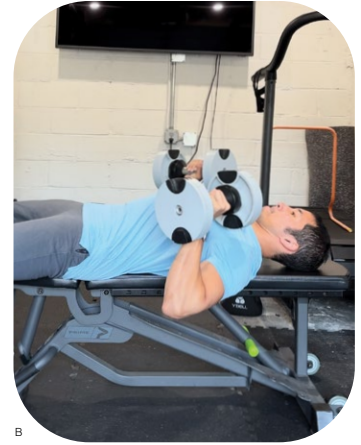
The best tip I can give you when training chest: Always start with an incline press.

This will build your upper chest, key for chest symmetry. Set up on a bench at a 30-degree incline with two heavy dumbbells, abs and glutes tight.

Lower one dumbbell to your chest, then press it back up. Repeat on the other side. That's 1 rep.

**Do 8-10 reps.**

## MOVE 2: DUMBBELL PRESS



The first move should leave you a bit fatigued. Now lighten the dumbbells slightly and set the bench to a flat angle.

Lie on the bench, abs and glutes tight, and do **10-12 reps of standard dumbbell presses.**

You're piling on volume here, and attacking your chest from a different angle.

## MOVE 3: PUSHUP



Now you'll drop the dumbbells and drop to the ground for classic pushups. Now we're lightening the load even more so you can push your chest to its limit – and we're also getting some underrated core work with these, too.

**Do pushup reps until fatigue;** on your final rep, you shouldn't be able to straighten your arms. You're finishing off your chest this way and blasting calories.