

The chest seems like a simple yet complicated body part to workout. This workout will help you understand the basic foundations from mind-muscle connection to complex coordination in order to advance through your path of training. A typical beginner error is feeling the strain more in the shoulder and/or tricep rather than the chest. Start with a light weight that you can control and focus on really trying to feel out the chest. It may take a little bit of adjusting the elbow positioning to get it, but practice makes perfect. Don't forget to warm up.

Chest 1	Exercise	Rest Between Sets	Sets	Reps	Note
	Warm-Up				Make sure to get the rotator cuff warm
1	Static Decline Press	30 seconds	3 sets	15 reps each	If you need to drop set and lower weight mid set to finish that's fine. Make sure the arm holding the weight up is bent and not locked out at the elbow.
2	Isolateral Incline Press	30 seconds	4 sets	15 reps	Control your negatives. Adjust your elbows around to where it doesn't bother your shoulder.
3	DB Barrel Flye	30 seconds	3 sets	10-15	Imagine hugging a barrel and do not let your elbows come in
4	Bentover Dual Cable Flye	30 seconds	3 sets	15	Keep your body parallel to the ground.

Post workout recommendation: BCAA Resurgence by Blackstonelabs.com (Discount Code: DRAGONIZUMI)