

The chest (Pectoralis Major) is a fan shaped muscle connecting from the sternum and clavicle to the bicep insertion. Its main function is to basically move your shoulder in all angles. Now a lot of rotator cuff injuries are usually associated with working out the chest. Typically from bench pressing. I believe the bench press with a barbell is not for everyone. Every body is built differently and slight angles affect the muscles differently too. The barbell has limited motion hence causing more stress on one person's shoulder and elbow joints. I had a previous rotator cuff injury from my break dancing background and the doctor told me it was permanent, but I overcame it by building strength in the shoulders and chest in a safer alternative way. My favorite which I usually start with is the incline dumbbell press which allows for free range of motion to adjust to you and has a longer range of motion that gives a stretch to the chest and improves your flexibility. This workout will start with that and then focus on adding thickness. Do not forget to warm up and get that rotator cuff nice and loose before starting.

*If you are in an advanced stage feel free to go heavier and do 10-12 reps of 4 sets instead with the same menu.

| Chest 2 | Exercise | Rest Between Sets | Sets | Reps | Note |
|---------|--------------------------|-------------------|--------|--------|---|
| | Warm-Up | | | | Make sure to get the rotator cuff warm |
| 1 | Incline Dumbbell Press | 30 seconds | 3 sets | 15 | Set incline to about 45 degrees |
| 2 | Time Under Tension | 30 seconds | 3 sets | 10reps | Ask for a spotter if necessary. Try adding weight each set and challenge yourself |
| 3 | Isolateral Incline Press | 30 seconds | 3 sets | 10-15 | Burst up and control the negative portion coming back down. Adjust your elbows around to where it doesn't bother your shoulder. |
| 4 | Seated Chest Flye | 30 seconds | 3 sets | 10-15 | Try adding weight each set. Remember to keep your chest up and elbows out. |
| 5 | 1/4 rep Chest Press | 30 seconds | 3 sets | 12-15 | Go heavy, but to where you can control it. |
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Pre workout recommendation: DUST V2 by Blackstonelabs.com (Discount Code: DRAGONIZUMI)