

# MUSCLE BUILDING LESSON



**Proven Principles  
For Thick,  
Powerful Pecs**

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# Proven Principles For Thick, Powerful Pecs

*By Sean Nalewanyj*

<http://www.MuscleGainTruth.com>

## About The Author



### Sean Nalewanyj

Always looked down on as the "skinny kid" growing up, Sean Nalewanyj has spent nearly the last decade of his life dedicating his time and effort to researching and promoting the most effective bodybuilding and fitness methods available. Through his highly successful website, [www.musclegaintruth.com](http://www.musclegaintruth.com), and his information-packed online newsletter, Sean has helped *thousands* of everyday people from all over the world build more muscle, gain strength, burn body fat and get into the best shape of their lives.

Sean has written articles for dozens of the top bodybuilding websites across the Internet and is recognized as an expert authority on the subject. In less than one year of existence, his bodybuilding e-book, [The Truth About Building Muscle](#), established itself as the most popular muscle-building program available on the web today (as ranked by clickbank.com). His program has received a highly positive response and was even mentioned in a November issue of the New York Times.

He admits that achieving an impressive, muscular physique is no easy task, but believes without a doubt that he can help anyone build the powerful, muscular body they desire as long as they are willing to put forth the effort.



### [Visit Sean's Website For More Details](#)

(You can download the first 2 chapters of his e-book at no cost, sign up for his free muscle-building email course and can also read success stories from real-life users of his program!)

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## Introduction

Hey guys, it's Sean Nalewanyj here and welcome to this special online muscle-building lesson where I'm going to be teaching you *exactly* how to structure an effective chest workout for **maximum** gains in both muscle size and strength.

I receive a ton of email every single day and one of the most common questions that I'm asked is...

**"How can I build a BIG chest?"**

It's no secret that almost every single lifter out there places their chest development at the **top** on their list of priorities. The big problem is that the vast majority of these lifters are approaching their chest workouts in an *ineffective* and downright *counterproductive* manner by choosing the wrong exercises, using the wrong rep ranges, performing too many sets and by not executing their exercises in the proper fashion, and because of this they *severely limit* the results that they obtain from their efforts.

The truth is that developing a round, thick set of pectorals is **not** rocket science and after reading through this short lesson you'll be surprised at just how simple it really is.

So forget everything you *thought* you knew about chest training and let's get right down to business here...

## 2 Main Ways To Stimulate The Chest

I'm going to start by outlining the 2 main ways to stimulate chest growth.

When it comes to stimulating the chest, we're dealing with...

### 1) Pressing Movements

A pressing movement is where the arms are extended *away* from the upper body in a pushing motion. Examples of pressing movements include...

- Flat Barbell Bench Press
- Incline Dumbbell Press
- Decline Barbell Press
- Wide-Grip Dips

### 2) Flye Movements

A flye movement is when the arms are bent and are drawn across the front of the upper body in a hugging motion. Examples of flye movements are...

- Dumbbell Flyes
- Pec-Deck Flyes
- Cable Crossovers
- Machine Flyes.

## So Which Is Better: Presses or Flyes?

When it comes to training the chest for overall size and strength, pressing movements are the **KEY** to success. They are the basic bread and butter of solid chest development and cannot be replaced in their effectiveness.

### What makes pressing movements so great?

Well...

- They will allow you to handle the greatest amount of total resistance
- They place the highest amount of stress on the entire chest region
- They are the most challenging to perform
- They stimulate the greatest amount of total muscle fiber
- They will produce the most dramatic overall anabolic effect on the body

Pressing movements should be given **100%** focus in your chest routine.

## Are Flye Movements Necessary?

The simple answer is **no**.

Flye movements are just **not** a necessary part of an effective chest routine.

Flye movements are unnecessary because...

- They limit the amount of total muscle stimulation you can achieve
- They are less challenging to perform
- They promote a much smaller overall anabolic effect on the body

People tend to gravitate towards flye movements because these types of exercises allow them to “feel it more in the muscle”. Flyes are an isolation exercise and when performed intensely they seem to produce a more focused effect on the chest muscles because of their isolated nature.

But what you have to realize is that muscle growth is much more than a simple localized event that happens at the level of the muscle tissue itself.

Muscle growth also results as your **entire body** adapts as a **whole** to an **overall** level of stress. Anabolic hormones such as testosterone and growth hormone increase, and this results in an **overall, total-body** muscle growth response.



Even though flyes may *feel* like they're hitting your chest really hard, the isolated, unchallenging nature of these movements produce only a *fraction* of the overall anabolic effect that heavy pressing movements will produce. For this reason, flye movements are simply unnecessary and do not need to be included in your routine.

Some people might argue with this, but what you need to realize is that building muscle is all about **efficiency**.

It's about stimulating your muscles to grow using the **lowest** number of sets and exercises possible, and not a **thing** more. Flye movements will **not** produce any significant chest growth, and if you add them into your routine you'll simply be placing additional, *unnecessary* stress on your shoulder joints while simultaneously dragging your workout on for a longer period of time **AND** eating further into your recovery time.

## Approved Chest Exercises

Given this information, here is my list of “approved” chest exercises. If you don’t see an exercise listed here then you **don’t** need to perform it...

- Flat barbell bench press
- Incline barbell bench press
- Decline barbell bench press
- Flat dumbbell bench press
- Incline dumbbell bench press
- Decline dumbbell bench press
- Wide-grip dips

### That’s it!

That’s **all** you need. These are the most effective chest exercises available and will stimulate growth as *efficiently* as possible.

Let’s now talk about how to structure a proper chest workout using these exercises...

### Frequency

For maximum gains in size and strength, you should only directly stimulate your chest **once per week**.

After every high intensity chest workout you should allow a full week for your body to recuperate and to rebuild. Anymore than this is counter-productive and will lead to overtraining.

### Sets

Most lifters in the gym perform way too many sets for their chest. They're caught up in the idea that "more is better" and usually perform something like **10, 12, 15 or more** sets for the chest.

High intensity weight training is **far more stressful** to the body than most people think, and stimulating your chest for growth really only requires a few hard, focused sets.

I recommend that you perform anywhere from 5-7 sets **TOTAL** per workout for your chest. As long as you train hard and with full focused effort, you should not perform anymore than this. And remember, that's total sets per **WORKOUT**, not per exercise.

### Reps

In order to stimulate chest growth as **effectively** as possible I recommend performing **5-7 reps** for every set that you perform.

This means that the weight should be light enough to allow for **5 full reps** using proper form but heavy enough that you cannot complete more than **7 reps** using proper form.

There's no need to "pyramid" or mix up your rep ranges in order to "shock" your muscles into new growth.

The goal is to *logically* and *intelligently* stimulate your chest to grow, and 5-7 reps is the best rep range to accomplish this.

## Exercise Selection

I recommend that you perform **3-4** chest exercises per workout and **1-2** sets per exercise.

Try to include at least one barbell and one dumbbell pressing movement into your routine, since each of these tools has its own unique advantages and this way you can reap the benefits of both.

I would also suggest using various angles throughout your workout by mixing it up between flat, incline and decline exercises in order to allow for full, complete chest development.

\* Wide grip dips are such a powerful chest movement that I'd recommend including them in every workout.

Given all of this information, here are 3 sample chest routines that you can use for yourself...

## Sample Chest Routines

### Routine#1

Flat Barbell Bench Press - 2 sets of 5 to 7 reps

Incline Dumbbell Press - 2 sets of 5 to 7 reps

Wide-Grip Dips - 2 sets of 5 to 7 reps

### Routine#2

Incline Dumbbell Press - 2 sets of 5 to 7 reps

Wide-Grip Dips - 2 sets of 5 to 7 reps

Decline Barbell Bench Press - 2 sets of 5 to 7 reps

### Routine#3

Incline Barbell Bench Press - 2 sets of 5 to 7 reps

Wide-Grip Dips - 2 sets of 5 to 7 reps

Flat Dumbbell Press - 1 set of 5 to 7 reps

Decline Dumbbell Press - 1 set of 5 to 7 reps

Any of those routines will work just fine.

You should follow each individual workout for a period of 8 weeks, at which point you should take a full week off from the gym.

I'm going to close this lesson out with some tips on how to properly execute these routines so that you can get the most bang for your buck possible...

### Workout Details

- Make sure to perform all sets to concentric muscular failure, that is, to the point where you cannot complete any additional reps using proper form despite your best efforts.
- Write down the exercises, sets and reps that you perform for each workout and then strive to improve upon those numbers each week by either increasing the weight or by performing more reps.
- Rest as long as you need to in between sets so that you can perform each individual set with full effort, strength and intensity.
- Always use a spotter for all of your barbell pressing movements as a safety precaution.
- Make sure to perform all movements with a full range of motion, that is, by lowering the weights all the way down to your chest and pressing them up until your elbows are just short of locking out.

### That's it!

That's **all** you need to know in order to see the **best** chest gains of your life. Forget about all of the crazy routines you see posted in the muscle magazines and on message boards across the Internet. Most of those routines will do nothing more than **overtrain** your body and *hold you back* from making the gains you deserve.

Achieving maximum muscle growth is all about using an **intelligent, logical** approach just like I've outlined here. Building the **largest, roundest** and **thickest** set of pecs that you possibly can only requires a few hard, focused sets of a few basic exercises.

I hope you learned some useful new tips for accelerating your chest development, but I just want to mention that as much as you desire a muscular, well-developed chest, I **HIGHLY** recommend that you do **NOT** give your chest any special priority over your other muscle groups.

Most people in the gym tend to give special attention to their chest because it's a "showy" muscle and because the bench press has somehow become a landmark for measuring your strength.

This is a **BIG** mistake!



If you're trying to develop an impressive, muscular physique, then you must train every muscle group with **equal** focus and intensity. Not only does it *look* ridiculous having a lop-sided, unsymmetrical body, but it can also throw your joints out of whack and this can lead to **serious** injury.

That's **exactly** why I created my **Online Muscle-Building Video Lesson Series**. There are 6 videos in total, each dedicated to a specific muscle group. You'll learn in detail how to train your **chest**, **back**, **arms**, **shoulders**, **legs** and **abs** to get the best results possible...



There's so much **conflicting** and **inaccurate** muscle-building information online these days, and these videos will help to clear up any confusion that you may have and will teach how to train your body as **efficiently** and **effectively** as possible.

You can *instantly download* these videos by visiting my main website using the link below:

<http://www.MuscleGainTruth.com/>

If you visit my website today you'll also have a chance to sign up for my **FREE** 8-Part Muscle-Building Email Course **and** you can download the first 2 chapters of my best-selling e-book, *The Truth About Building Muscle* at no cost.



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Sean Nalewanyj

A handwritten signature in black ink that reads 'S Nalewanyj'.