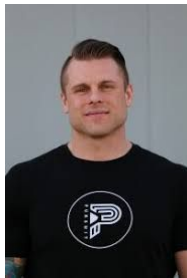


Filthy Chest Pump Workout

This is a bodybuilding style chest workout. The focus is on creating enough stimulus through volume and time under tension to incur muscle hypertrophy. Quality repetitions are crucial to the effectiveness of this routine; and perfect execution of each rep should be your focus. That being said, this is a good change up routine, but does not account for your current programs volume, splits and training age. Therefore, use discretion as you see fit, aim for a load that is 60-70% of your 1 rep maximum and email me with questions at samson@pursuit.fit

- A. **Dumbbell squeeze press (Tempo: 3 sec. up, 3 sec. down) 4 x 8 -1**
**Using a neutral Grip, squeeze the weights together throughout the entire set.*
- B. **Single Arm Reaching Cable Fly (2 sec. squeeze at peak) 4 x 10-12 per arm**
- C. **SUPERSET (10 SEC. BETWEEN STATIONS, 90 SEC. BETWEEN SETS)**
 - **Standing plate squeeze press 4 x 8-10**
**Squeeze the ever living crap out of your chest :)*
 - **Cable cross-over 4 x 8-10 (2 sec. squeeze at peak)**
 - **Dips 4 x max reps**
- D. **DROP SET I (NO REST BETWEEN POSITIONS, 90 SEC. BETWEEN SETS)**
 - **DB power flies: 4 x 8-10**
 - **DB three ROM bench press: 4 x 5-5-10 (5 reps in the bottom range, 5 reps in the range, 10 full reps = 1 set)**
 - **DB Single Arm Alternating Bench Press press 4 x max reps**
- E. **DROP SET II (30 SEC. BETWEEN STATIONS, 120 SEC. BETWEEN SETS)**
 - **Decline BB bench press close-grip elbows out 3 x 8-10**
 - **Decline BB bench press wide-grip 3 x max with same weight**
 - **Decline BB bench press normal grip 3 x max with same weight**



I pride myself on my experience. I have been actively training and studying nutrition for 18 years. During that time I have tried it all; and through a lot of trial and error acquired an extensive knowledge that is not learned in textbooks. That being said, I own a degree in Physiology and I am in process of completing my masters in Sports Nutrition. My Passion is to help people reach their fitness goals and educate people on how to maintain their success. There are few things in this world that give me more joy than seeing others succeed and achieve their goals.

In Strength,
Samson Jagoras

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