



 **HIITRAZE**

30-DAYS

CHEST SCULPTING PROGRAM

Equipment:   



PLAN INTRODUCTION

The 30-day Chest Sculpting Program is designed for men who want to build a strong and defined chest. Led by a professional fitness coach, this program includes a variety of exercises and workouts that target chest muscles from different angles and intensities. It includes push-ups, bench presses, flyes, and dips, using both bodyweight and resistance equipment. The program provides guidance on proper form, technique, and rest and recovery strategies to help achieve optimal results and reduce the risk of injury. It is suitable for both beginners and experienced athletes.



It is advised that you meet in person with a licensed health professional before beginning any exercise program. All of the information is for educational purposes and is not intended to diagnose or treat medical or health conditions.



WORKOUT PLAN



WEEK 1

DAY 1	Push-up pyramid (perform 1 push-up, rest for 5 secs, then perform 2 push-ups, rest for 5 secs, and so on up to 10 push-ups, then work your way back down to 1 push-up)
DAY 2	Barbell bench press (3 sets X 8-10 reps), dumbbell incline press (3 sets x 10-12 reps), and cable crossover (3 sets of 12-15 reps)
DAY 3	REST DAY
DAY 4	5 MinuPush-up variations (wide grip, close grip, diamond, & staggered) - 4 sets of 12-15 reps each Jog, 10 Minutes Stretch
DAY 5	Dumbbell bench press (4 sets of 10-12 reps), dumbbell flyes (4 sets of 12-15 reps), and push-ups to failure
DAY 6	REST DAY
DAY 7	Dip variations (regular, narrow, and wide grip) - 3 sets of 10-12 reps each followed by push-ups to failure

WEEK 2

DAY 1	Incline dumbbell press (4 sets of 8-10 reps), decline push-ups (4 sets of 12-15 reps), and cable flyes (4 sets of 12-15 reps)
DAY 2	Pause bench press (3 sets of 5 reps, with a 2-second pause at the bottom), dumbbell pullover (3 sets of 10-12 reps), and incline push-ups (3 sets to failure)
DAY 3	REST DAY
DAY 4	Push-up variations (spiderman, pike, and T push-ups) - 4 sets of 10-12 reps each
DAY 5	Close grip bench press (4 sets of 8-10 reps), weighted push-ups (4 sets of 12-15 reps), and dips to failure
DAY 6	REST DAY
DAY 7	Cable crossover (3 sets of 12-15 reps), machine chest press (3 sets x 8-10 reps), and push-ups to failure

WEEK 3

DAY 1	Incline barbell bench press (4 sets of 8-10 reps), dumbbell decline press (4 sets of 10-12 reps), and cable flyes (4 sets of 12-15 reps)
DAY 2	Plyometric push-ups (3 sets of 10 reps), dumbbell pullover (3 sets of 10-12 reps), and diamond push-ups (3 sets to failure)
DAY 3	REST DAY
DAY 4	Push-up variations (single-arm, staggered, and decline) - 4 sets of 12-15 reps each
DAY 5	Barbell bench press (4 sets of 8-10 reps), machine flyes (4 sets of 12-15 reps), and push-ups to failure
DAY 6	REST DAY
DAY 7	Chest dips (3 sets of 10-12 reps), incline dumbbell flyes (3 sets of 12-15 reps), and push-ups to failure

WEEK 4

DAY 1	Incline Barbell Bench Press: 3 sets x 8-10 reps Incline Dumbbell Flyes: 3 sets x 10-12 reps Close-Grip Bench Press: 3 sets x 8-10 reps Cable Crossovers: 3 sets x 10-12 reps
DAY 2	Bench Press: 3 sets of 8-10 reps Incline Dumbbell Press: 3 sets x 10-12 reps Dumbbell Flyes: 3 sets of 10-12 reps Tricep Pushdowns: 3 sets of 10-12 reps
DAY 3	REST DAY
DAY 4	Barbell Bench Press: 3 sets of 8-10 reps Bent Over Rows: 3 sets of 10-12 reps Incline Dumbbell Flyes: 3 sets of 10-12 reps Lat Pulldowns: 3 sets of 10-12 reps
DAY 5	Dumbbell Bench Press: 3 sets of 8-10 reps Military Press: 3 sets of 10-12 reps Incline Dumbbell Flyes: 3 sets of 10-12 reps Lateral Raises: 3 sets of 10-12 reps
DAY 6	REST DAY



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