

# 10 WEEK CHEST WORKOUT ROUTINE FOR STRENGTH AND SIZE

Created by: [Murshid Akram](#)

Check out [article](#)

If you're looking for a comprehensive, easy-to-follow, and effective chest workout routine to build strength and size, you've come to the right place.

In this article, I've shared an ultimate 10-week chest workout plan to help build a strong, toned, and ripped chest.

This program includes the routines of popular bodybuilders like Arnold, Coleman, Phil Heath, and Franco Columbu.

Here's the outline of a 10-week chest workout program:

- **Week 1:** Lou Ferrigno Chest Workout
- **Week 2:** Calum von Moger Pecs Workout
- **Week 3:** Chris Bumstead Pectorals workout
- **Week 4:** Franco Columbu Chest Workout
- **Week 5:** Kevin Levrone Pecs Workout
- **Week 6:** Phil Heath Chest Workout
- **Week 7:** Ronnie Coleman Pectoral Workout
- **Week 8:** Dorian Yates Chest Workout
- **Week 9:** Arnold Pecs Workout
- **Week 10:** Jay Cutler Chest Workout

This routine is primarily designed for intermediate male lifters who want to build defined, sizeable and ripped pecs.

## Week 1 – Lou Ferrigno Chest Workout

1974 Mr. Universe winner Lou Ferrigno is an American actor and retired professional bodybuilder. He was one of the competitors of Arnold Schwarzenegger in 1974 and 1975. From mass to muscle fibers, he had awesome chest development.

The Lou Ferrigno chest workout includes basic exercises such as bench press, incline press, decline press, and flyes. Here is one of his chest workout routines.

Exercise	Reps	Sets
<a href="#">Flat Bench Press</a>	10-6	5
<a href="#">Incline Bench Press</a>	10-12	5
<a href="#">Decline Bench Press</a>	10-12	3
<a href="#">Flat Dumbbell Fly</a>	10-12	3
<a href="#">Dumbbell Pullovers</a>	10-12	3
<a href="#">Cable Crossovers</a>	10-15	3

**Note:**

- He used to superset the dumbbell pullover with cable crossovers. The pullover stretches out your chest, and the cable crossover focuses on chest contractions, so you get two different things, one after the other.
- He avoided a full lockout on each rep to keep the tension on the chest, not the triceps.

## Week 2 – Calum von Moger Pecs Workout

WFF Pro Mr. Universe 2015, Calum von Moger is an Australian actor and bodybuilder. He is also known as Arnold 2.0 because of his looks and physique.

He shared his chest workout routine on Muscledandstrength.com. His chest workout plan focuses on increasing pecs size and strength.

**Here’s the routine:**

Exercise	Reps
Bench Press (Warm-up)	12 x 2
Bench Press (Main lift)	12, 10, 8
Incline Dumbbell Bench Press	8 x 3
High Cable Flyes	15 x 3
<a href="#">Bar Dips</a>	AMRAP until failure x 3
Dumbbell Pullover	15, 12, 10



## Week 3 – Chris Bumstead Pectoral workout

Two times runner up and three times Mr. Olympia Classic Physique winner Chris Bumstead is a Canadian IFBB professional bodybuilder. He has millions of followers on Instagram and YouTube.

Chris's every muscle group looks perfect, but many people know him for his unbelievable chest development.

If you want to forge your chest like him, you can try out his full chest workout routine.

Exercise	Reps	Sets
High Cable Fly	12-15	3
Barbell Bench Press	8-10	4
<a href="#">Incline Dumbbell Bench Press</a>	8	4
<a href="#">Machine Flyes</a>	12	3
<a href="#">Decline Hammer Strength Press</a>	10	3

### Note:

- Each set lowers the cables by 1 pin.
- Before the bench press, perform 2 warm-up sets with 5 slow reps and 5 quick reps (10 total reps), and then perform the main lift.

## Week 4 – Franco Columbu Chest Workout

Two times Mr. Olympia (1976 & 1981), two times Mr. World, and one time Mr. Universe, Franco Columbu is one of the greatest of all time in the world of bodybuilding. He also competed in World's Strongest Man in 1977 and got fifth place.

His best lifts include 525 pounds (238 kg) bench press, 655 pounds (297 kg) squat, and 750 pounds (340 kg) deadlift.<sup>1</sup>

Franco's chest still ranks among the best of all time. He had denser and defined pecs. His chest muscles appeared to spill out of his sternum, and uniquely deep crevices separated the upper and lower regions.

Franco suggested doing five to six good chest exercises, including incline dumbbell press, dips, flyes, and his favorite, the Bench press.

### Franco Chest Workout Routine:

Exercise	Reps	Sets
Barbell Bench Press	2-6	5-6
Incline Dumbbell Bench Press	10-6	4
Dumbbell Flyes	10-12	3
Bar Dips	10-15	3

## Week 5 – Kevin Levrone Pecs Workout

Competed in as many as 68 IFBB Professional contests (23 wins), Kevin Levrone is considered one of the best bodybuilders of the 1990s.

He is also known as The Uncrowned King of Mr. Olympia because he has appeared in 13 Mr. Olympia competitions but never made it to the number one spot. Despite not winning any Mr. Olympia titles, Kevin is admired by many fitness enthusiasts.

He used to follow a [push, pull, and legs \(PPL\) workout routine](#), but sometimes he also focused on his pecs individually.

### Kevin Levrone Chest Workout:

Exercise	Reps	Sets
Barbell Bench Press	12-6	4-5
Incline Barbell Bench Press	10-8	3-4
Seated Chest Press Machine/High Cable Flyes	10-12	3
Dumbbell Pullover	10-8	3
Seated Pec Deck Flyes	10-15	3



## Week 6 – Phil Heath Chest Workout

Seven-time Mr. Olympia winner Phil Heath competed in various bodybuilding competitions from 2003 to 2020. He won Mr. Olympia every year from 2011 to 2017.

He had built a perfectly proportioned set of pecs and was regarded as one of the best of all time.

Phil Heath uses three different chest workout routines to fire up his pecs growth. Let's see one by one:

### Phil Heath Chest Workout Plan 1

Exercise	Reps	Sets
Barbell Bench Press	12-8	4
Incline Barbell Bench Press	12-8	4
Lying Flat Chest Press Machine	12-8	3
<a href="#">One-arm Hammer Strength Incline Press</a>	12-8	4
Pec Dec Flyes	12-8	4

### Phil Heath Chest Workout Routine 2

Exercise	Reps	Sets
----------	------	------

Flat Dumbbell Fly	12-8	4
Flat Dumbbell Bench Press	12-8	4
Decline Hammer Strength Press	12-8	3
Machine Incline Press	12-8	4
High Cable Flyes	12-8	4

### Phil Heath Chest Workout Plan 3

Exercise	Reps	Sets
Hammer Strength Incline Press	12-8	4
Incline Dumbbell Fly	12-8	3
Flat Dumbbell Bench Press	12-8	4
Cable Crossover	12-8	4

## Week 7 – Ronnie Coleman Pectoral Workout

The winner of eight consecutive Mr. Olympia titles, Ronnie Coleman has the best chest and back development of all time.

Ronnie trained his chest twice a week with triceps. On his first chest day, he focused on [barbell chest exercises](#) such as flat, incline, and decline bench presses. On his second chest day, he concentrated on [dumbbell chest exercises](#) such as flat and incline dumbbell presses and dumbbell flyes. He preferred free-weight pressing movements with heavy weights for eight to 12 reps.

It's not possible to lift like Ronnie, but you can use his chest workout routine to develop your pecs.

### Ronnie's Barbell Chest Workout

Exercise	Reps	Sets
Flat Barbell Bench Press	8-12	5-6
Incline Barbell Bench Press	8-15	3-5
Decline Barbell Bench Press	8-15	3-5

### Ronnie's Dumbbell Chest Workout

Exercise	Reps	Sets
Flat Dumbbell Bench Press	8-12	5-6

Incline Dumbbell Bench Press	8-15	3-5
Flat Dumbbell Fly	8-15	3-5

## Week 8 – Dorian Yates Chest Workout

Six consecutive times (from 1992 to 1997) Mr. Olympia champion Dorian Yates is one of the top pro bodybuilders of all time. His entire muscle group was well-developed in his prime, but his back and chest are eye-catching.

He shared his chest workout routine on [muscleandfitness.com](http://muscleandfitness.com), which comprises four to five exercises that together hit the pecs from every angle needed to ensure total development.

Exercise	Reps
30-Degree Incline Bench Press	12, 10, 8, 8
Hammer Strength Seated Bench Press	10, 6-8
Incline Dumbbell Flies	10, 8
Cable Crossovers	10-12

**Note:** Do 10 to 12 reps as a warm-up set for each exercise.

## Week 9 – Arnold Pecs Workout

Arnold needs no introduction. He is an eminent face in the world of bodybuilding. He is more famous worldwide than any Mr. Olympia because of his seven Mr. Olympia titles, appealing physique, acting, political career, and dedication.

Despite the fact that countless exercises have been discovered, people still follow his old-school workout routine.

His chest workout was never complicated. He always focused on the fundamentals, such as flat bench press, incline bench press, dumbbell flyes, and dips. He suggests doing 15 bench press reps with lightweight as a warm-up set before lifting above 50% of your max effort.

Here's an ultimate chest workout routine inspired by seven times Mr. Olympia, Arnold Schwarzenegger.

Exercise	Reps	Sets
Flat Bench Press	12, 10, 8, 8	4
Incline Bench Press	12, 10, 8, 8	4
Flat Dumbbell Flyes	8-12	3
High Cable Flyes	8-12	3
Dumbbell Pullover	8-12	3
Bar Dips	AMRAP until failure	3

## Week 10 – Jay Cutler Chest Workout

Four times Mr. Olympia Jay Cutler was not only for his amazing physique but also for his humble behavior. He had enormous chest muscles, with each part perfectly balanced in his prime.

He shared one of his chest workout routines on James Garage Youtube channel. His routine includes mostly fundamental exercises, such as bench presses, flyes, and pullovers.

**Here's his routine:**

Exercise	Reps	Sets
Seated Machine Chest Press	12, 10, 8, 6	4
Incline Dumbbell Bench Press	12, 10, 8, 8	4
Smith Machine Flat Bench Press	12, 10, 8, 8	4
High Cable Flyes	10-12	3
Dumbbell Pullover (Optional)	8-12	3

## The Bottom Line

Some bodybuilders prefer machines, while some like to do [free-weight exercises](#). Their choice of exercise depends on how much they feel muscle contraction and enjoy a certain exercise.

Every bodybuilder's chest workout plan differs from one another, but their goal is almost the same, to build strength and mass.

You can follow their chest workout routines for 10 weeks to progress your chest muscle development.

You can also make desirable changes to this program, depending on your fitness level.

### You may also like:

- [12 Week Glute Program to Transform Your Booty](#)
- [Best Chest and Shoulder Workout](#)
- [Dumbbell Workouts for Arms and Chest](#)
- [12 Best Upper Chest Workouts For Sizeable Pecs](#)
- [8 Best Lower Chest Dumbbell Exercises](#)

**NATURALLY OCCURRING AMINO ACID PROFILE\***

**Essential Amino Acids**  
Leucine, Lysine, Phenylalanine, Isoleucine, Threonine **48%**  
Valine, Methionine, Histidine, Tryptophan

**Conditionally Essential Amino Acids**  
Arginine, Cystine, Glutamine & Tyrosine **32%**  
Glycine, Proline, Glutamic Acid

**Non-Essential Amino Acids**  
Aspartic Acid, Alanine, Serine **20%**

\*Values are naturally occurring & approximated.

Introducing **halo view**  
Discover what works for you, right from your wrist

weightwatchers reimagined | headspace  
exhale | Aaptiv  
orange theory | better sleep

**ARNOLD SCHWARZENEGGER**  
*The New*  
**ENCYCLOPEDIA of MODERN BODYBUILDING**  
THE BIBLE of BODYBUILDING FULLY UPDATED and REVISED by ARNOLD SCHWARZENEGGER

If you're using this plan, please help us grow online

[Reddit](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Pinterest](#)