

## Top 10 Bodybuilders' Chest Workout Routine for Ultimate Gain

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### 10. Lou Ferrigno Chest Workout

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	4
<a href="#">Flat Dumbbell Fly</a>	10-12	4
<a href="#">Dumbbell Pullovers</a>	10-12	4
<a href="#">Cable Crossovers</a>	10-15	3

#### Note:

- He used to superset the dumbbell pullover with cable crossovers. 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 my chest and not my triceps.

### 9. Calum Von Moger Chest Workout

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

## 8. Chris Bumstead Chest Workout

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 lower 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.

## 7. Franco Columbu Chest Workout

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

## 6. Kevin Levrone Chest Workout

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

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

## 5. Phil Heath Chest Workout

### Phil Heath Chest Workout Plan 1

Exercise	Reps	Sets
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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

## 4. Ronnie Coleman Chest Workout

### 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

## 3. Dorian Yates Chest Workout

Exercise	Reps
30-Degree Incline Bench Press	12, 10, 8, 8

Hammer Strength Seated Bench Press	10, 6-8
Incline Dumbbell Flyes	10, 8
Cable Crossovers	10-12

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

## 2. Arnold Schwarzenegger Chest Workout

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

## 1. Jay Cuter Chest Workout

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

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