

# 8-WEEK CHEST AND TRICEPS WORKOUT ROUTINE FOR MASS GAIN

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## 3 Reasons to Train Triceps and Chest Together

Training chest and triceps together is common among bodybuilders because of the following reasons:

### 1. Chest and Triceps Both Work During the Pressing Movements

The chest and triceps work during the various push movements, such as bench presses, push-ups, and dips. It makes your workout convenient, time-efficient, and effective.

### 2. A Combination of Large and Small Muscle Group

A well-balanced [bodybuilding training split](#) involves performing one large and one small muscle group together for an effective workout session. This training approach allows you to hit every muscle group effectively two times a week, which helps maximize muscle growth.

### 3. Good for Muscle Balance Training Split

Training the chest and triceps allows you to create a [well-structured weekly workout routine](#) that involves performing pecs and triceps workout on Monday, back and biceps on Tuesday, and legs and shoulder (superset) on Wednesday. It will allow you to train your entire body in three days. And if you [train six times a week](#), you can hit your whole body twice a week.

# Chest and Triceps Muscle Building Exercises

Chest	Triceps
Flat Bench Press	Close Grip Bench Press
Incline Bench Press	EZ Bar Skull Crusher
Seated Pec Deck Fly	Incline French Press
Decline Cable Fly	Rope Pushdown
<a href="#">Bench Supported Cable Fly</a>	One-arm OH Cable Extension
Dumbbell Pullover	Triceps Kickback
Bar Dips	Upright Dips
Standard Push-ups	Triangle Push-ups
Upward Cable Fly	Chair Dips

## 8-Week Chest and Triceps Workout Routine to Build Mass

### Features of the program:

- Included various exercises, from [compound and isolation](#) to bilateral and unilateral.
- Focus on strength (heavyweight and few rep sets) and hypertrophy (light to moderate weight and high rep sets).
- Contained multiple rep-set methods, such as drop set and superset.
- Designed to build dense chest and burly triceps.

**You can follow this workout schedule to train your triceps and chest together.**

- Monday – Chest and Triceps
- Tuesday – Back and Biceps
- Wednesday – [Legs and Shoulder](#) (Superset)
- Thursday – Chest and Triceps
- Friday – Back and Biceps
- Saturday – Superset Legs and Shoulder
- Sunday – OFF

Those who train chest and triceps twice a week can do medium to high rep sets on one day and heavyweight sets on the other day. The combination of heavy and moderate weight sets helps [promote strength and hypertrophy](#).

However, if you train three days a week, split the above routine into two weeks and perform a combination of higher and fewer reps sets on the same day.

### **Example of warm-up exercises to do before lifting heavy:**

It is best to do 10-15 minutes of warm-up exercises to increase your heart rate and prepare your muscles for intense resistance exercises. Below are the couple of 10-minute warm-up sessions for chest and triceps workout:

#### **Warm-up 1**

- 2-3 minute Upper Body Foam Rolling
- 3-5 minutes of Treadmill Jog
- 10-15 Banded Pull Apart
- 8-10 Dive Bomber Pushups
- 15-20 Pec Deck Fly with minimal weight
- 15-20 Bench Presses (as a warm-up set)

#### **Warm-up 2**

- 3-5 minutes Treadmill
- 10-15 Inverted Row
- 8-10 Dive Bomber Pushups
- 10-15 Superman Pull
- 8-10 Dive Bomber Pushups
- 15-20 Bench Presses (as a warm-up set)

## **First and Fifth Week**

### **Chest and Triceps Day 1 – Hypertrophy Sets (10-20 reps)**

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Break</b>
Incline DB Bench Press	4	16, 14, 12, 10	2-min
Seated Peck Deck Fly	4	16, 14, 12, 10	90-sec
Decline Cable Fly	3	15, 12, 10	2-min
Parallel Bar Dips	3	Till Failure	90-sec
<a href="#">EZ Bar Skull Crusher</a>	3	20, 16, 12	90-sec
One-arm Overhead Triceps Extension	2	15/arm	30-sec

## Triceps and Chest Day 2 – Heavyweight Sets (6-10 reps)

Exercise	Sets	Reps	Break
Flat Barbell Bench Press	4	10, 8, 6, 4	2-3 min
<a href="#">Incline Hammer Strength Chest Press</a>	4	10, 8, 6, 6	2-3 min
<a href="#">Dumbbell Pullover</a>	3	10, 8, 6	2-3 min
Rope/V-Bar Pushdown	3	10, 8, 6	2-3 min
Weighted Bench Dips	3	10, 8, 6	2-3 min

## Second and Sixth Week

### Monday – High Rep Sets

Exercise	Sets	Reps	Break
Incline DB Bench Press	4	16, 14, 12, 10	2-min
Seated Peck Deck Fly	4	16, 14, 12, 10	90-sec
Cable Crossover	3	15, 12, 10	2-min
Triangle Push-ups	3	Till Failure	90-sec
<a href="#">Dumbbell French Press</a>	3	20, 16, 12	90-sec
One-arm Overhead Triceps Extension	3	15/arm	30-sec

### Thursday – Strength Focus Workout

Exercise	Sets	Reps	Break
Flat Barbell Bench Press	4	10, 8, 6, 4	2-3 min
Incline Hammer Strength Chest Press	4	10, 8, 6, 6	2-3 min
Dumbbell Pullover	3	10, 8, 6	2-3 min
Rope/V-Bar Pushdown	3	10, 8, 6	2-3 min
Weighted Bench Dips	3	10, 8, 6	2-3 min

## Third and Seventh Week

### Monday – Drop Set Focus

Exercise	Sets	Reps	Break
Incline Barbell Bench Press	4	16, 14, 12, 10	2-min
Seated Peck Deck Fly (Drop Set)	3	3 subsets till failure	2-min
Cable Crossover (Drop Set)	3	3 subsets till failure	2-min
Dumbbell French Press	3	20, 16, 12	90-sec

Rope Pushdown (Drop Set)	2	3 subsets till failure	2-min
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### Instructions:

- **Drop sets training** involves performing multiple sub-sets within a set. It involves lifting heavy in the first subset and decreasing weight as you move to the second and third.
- In this routine, perform three rounds of three subsets. Each subset involves performing multiple reps till failure. It would be best to do ten reps in the first subset.

## Thursday – Strength Focused

Exercise	Sets	Reps	Break
Flat Barbell Bench Press	4	10, 8, 6, 4	2-3 min
Incline Dumbbell Bench Press	4	10, 8, 6, 6	2-3 min
Weighted Bar Dips	3	Till Failure	2-3 min
1-arm Overhead Cable Extension	3	15/arm	2-3 min

## Fourth and Eighth Week

### Monday – Triceps and Chest Superset Workout

Exercise	Sets	Reps	Break
Peck Deck Fly + Close Grip Bench Press	3	10-15	1-min
High to Low Cable Fly + DB French Press	3	10-15	1-min
Pullover + 1-arm OH Triceps Extension	3	10-15	1-min
<a href="#">Low to High Cable Fly</a> + Triceps Kickback	3	10-15	1-min

**Note:** Superset involves performing two exercises in a row with no rest between them.

### Thursday – Weight Focused

Exercise	Sets	Reps	Break
Flat Barbell Bench Press	4	10, 8, 6, 6	2-3 min
Incline Dumbbell Bench Press	4	10, 8, 6, 6	2-3 min
Weighted Bar Dips	3	Till Failure	2-3 min
Skull Crusher	3	15/arm	2-3 min

# Recommended Macros for Muscle Building

Diet plays an essential role in repairing and healing muscles and increasing muscle growth.

Your diet must include key nutrients, such as protein (highly important), carbs, fats, and fiber.

For your information, one gram of protein and carb has 4 calories, while 1 gram of fat contains 9 calories.

You should take the following amount of nutrients according to an article published by the National Institute of Health:<sup>2</sup>

- **Protein** – You need to consume sufficient protein 1.6–2.2 g/kg/day with optimal amounts of 0.40–0.55 g/kg per meal and distributed evenly throughout the day (3–6 meals), including within 1–2 hours pre and post-training.
- **Fats** – You can take fats in moderate amounts, like 0.5–1.5 g/kg/day.
- **Carbohydrates:** You can consume sufficient amounts of carbs, such as 3–5 g/kg/day, to support energy demands from resistance exercise.

Other than the above nutrients, Creatine monohydrate (3–5 g/day), caffeine (5–6 mg/kg), beta-alanine (3–5 g/day), and citrulline malate (8 g/day) might yield ergogenic effects that can be beneficial for bodybuilders – study suggested.

## Key Tips for Maximizing Your Workout Plan and Achieving Optimal Results

### 1. Pre-Workout Meal

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.

You should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

**Examples of pre-workout foods include:**

1. [Protein Shake](#)
2. Chicken Salad
3. [Dried Fruits](#)
4. Oatmeal
5. [Energy Bars](#)
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

## **2. Workout When You Feel Energetic**

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

## **3. Keep yourself hydrated during the workout**

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.

## **4. Post-Workout stretching and cool down**

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness.

## **5. Post-workout Meal**

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after

the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

#### **Examples of Post-Workout Meals:**

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

## **6. Make Progress**

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

## **7. Creator note**

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

## **Recommended Brands:**

1. [Performix](#) (Supplement)
2. [Beyond Body](#) (Book)
3. [Amazon](#) (Supplement)
4. [Bulk Extreme](#) (Supplement)
5. [Mass Extreme](#) (Supplement)



## Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [Compound Exercises List](#)
- [Isolation Exercises List](#)
- [30 Best Gym Exercises for Abs](#)

## Related Workout Programs

- [8 Week Arm and Shoulder Workout Routine](#)
- [8 Week Chest and Back Workout Plan](#)
- [The Best Legs and Abs Workout](#)
- [Leg and Shoulder Workout Program](#)
- [6-Day Gym Workout Plan](#)
- [Push Pull Legs 5-Day Split for Strength and Size](#)
- [8 Week Muscle Building Workout Plan](#)
- [6-Week Hypertrophy Program for Ultimate Gains](#)

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