

Get Great Pecs – Do These Exercises

Since the beginning of guys being guys, men think of their chest as being the number one show muscle on the body, just ahead of the biceps. Women know if they have solid chest muscles that this will enhance the appearance of their chest as well. Knowing this about men and women means that great chest exercises are sought after by both genders. The best chest exercises are as follows:

1. Dumbbell Fly's – Dumbbell fly's done the right way increase blood flow to the chest and stretch the tissue, muscles and associated tendons in the chest. It is very important that when this exercise is performed that the arms do not go past parallel to the floor at the bottom of the movement.
2. Dips – Most gyms offer dip bar equipment to members. This exercise is terrific for building triceps muscles and chest muscles.
3. Push-Ups – The push up has been around since the beginning of time. The positive impact of this exercise cannot be understated. Push-ups done on a regular daily basis in sets of 10 or more two times or more a day will go a long, long way to building a terrific chest on a man or a woman.
4. Dumbbell Bench Press – Dumbbell bench press sets are an excellent way to build a fantastic chest. Using dumbbells to do bench press chest requires that both dumbbells stay balanced throughout the routine. Keeping the dumbbells balanced creates added muscle down the road because the movement needed to balance the dumbbell requires a larger group of chest, shoulder and back muscles to do this exercise the right way.
5. Barbell Bench Press – This the granddaddy of chest exercises because it works the chest muscles directly with more weight. Grip methods can be adjusted to enhance different parts of the chest when doing barbell bench press sets.

Employing all 5 chest exercises on a regular basis with varied sets over the period of weeks and months will lead to a terrific chest for both men and women. Good luck and great chests are in your future.