

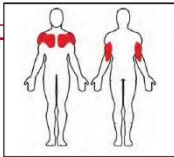
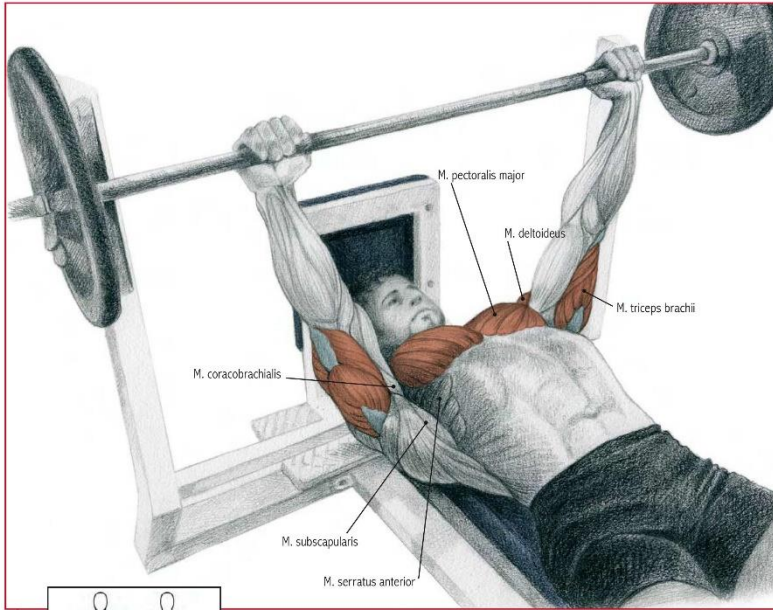
Vücut Geliştirme

Göğüs Bölgesi Antrenmanları

Spor Bilimleri Anabilim Dalı

Göğüs Bölgesi Antrenmanları

1 Chest, Free Weight BENCH PRESS



Muscles involved

MAIN MUSCLES: pectoralis major, triceps, deltoids (anterior)
SECONDARY MUSCLES: coracobrachialis, serratus anterior, subscapularis
ANTAGONISTS: latissimus dorsi, biceps, deltoids (posterior)

VARIATIONS

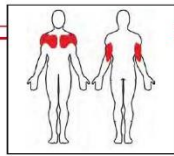
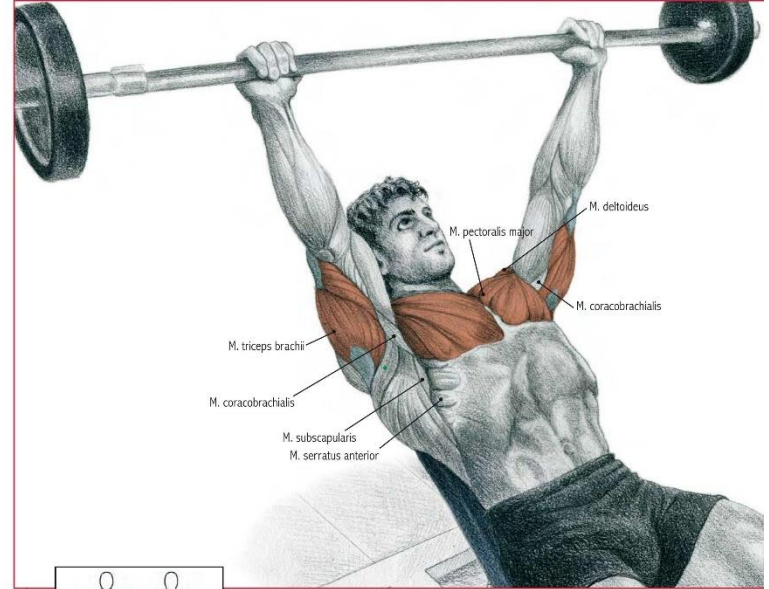
1.2 ... CLOSE GRIP / HANDS TOGETHER

MUSCLES USED
 triceps, pectorals and deltoids (anterior)
TECHNIQUE

The movement is the same, but the hands are kept only about 20 cm apart. As a result, the triceps takes over a part of the work done by the pectoral muscle. Do not do this exercise if you have problems with your wrists, and use a lighter weight than in the basic exercise.



2 Chest, Free Weight INCLINE BENCH PRESS



Muscles involved

MAIN MUSCLES: pectoralis major (clavicular area), triceps, deltoids (anterior)
SECONDARY MUSCLES: deltoids (medial), coracobrachialis, serratus anterior, subscapularis
ANTAGONISTS: latissimus dorsi, biceps, deltoids (posterior)

VARIATIONS 2.2 ... WITH DUMBBELLS

MUSCLES USED
 pectoralis major (clavicular area), triceps, deltoids (anterior)

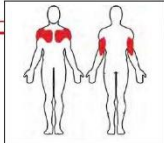
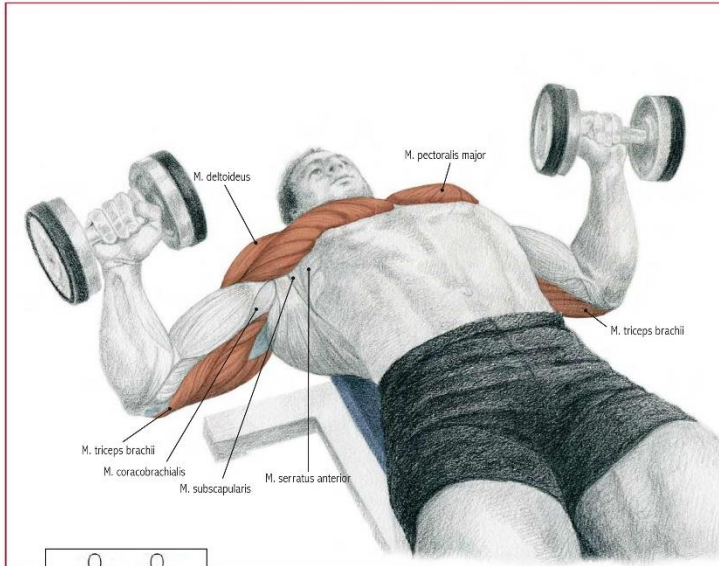
TECHNIQUE

Set up the bench in the same position as described for the basic exercise and lie back with the dumbbells on your knees or on the floor. The lift is the same as using a bar, but you can "close" toward the end of the movement, bringing the weights closer together. In theory, this provides a proximal workout (i.e. close to the sternum). However, the difference is not great because the whole muscle in any case contracts, given that there are no insertions between the medial and external area. That said, the movement is more natural. Doing the incline bench press with dumbbells allows you to lower the weight further, which helps flexibility, although you should be careful to reduce the load to prevent injury. The main disadvantage is that the weight used is normally less than using a bar because of the movements needed to get into position starting from a low position (rather than lifting the weight down from supports). Also, there is a greater risk of instability toward the end of each set due to muscle exhaustion (often affecting the triceps).



Göğüs Bölgesi Antrenmanları

4 Chest, Free Weight DUMBBELL PRESS



Muscles involved

MAIN MUSCLES: pectoralis major, triceps, deltoids (anterior)
SECONDARY MUSCLES: coracobrachialis, serratus anterior, subscapularis
ANTAGONISTS: latissimus dorsi, biceps, deltoids (posterior)

VARIATIONS

4.2 ... WITH OUTWARD TWIST

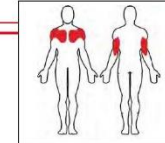
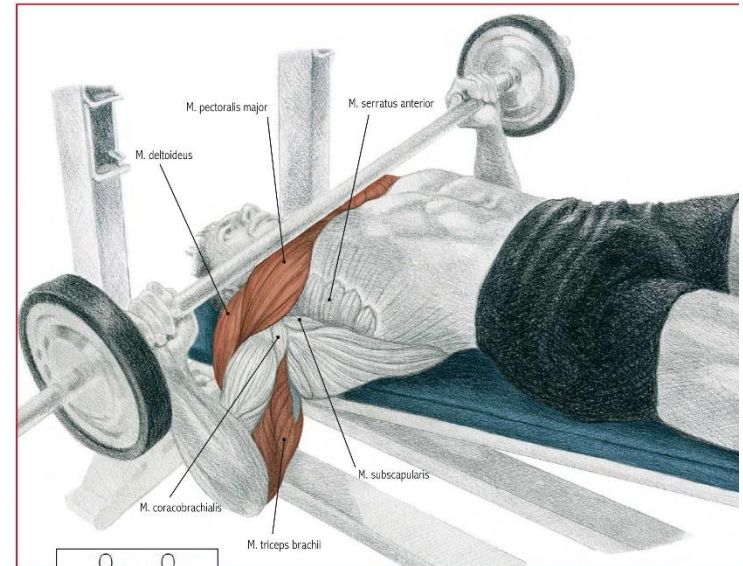
MUSCLES USED
 pectoralis major, triceps, deltoids (anterior)

TECHNIQUE

Essentially, this is the same as the basic exercise, but it includes twisting the thumbs outward and the pinkies inward so that they come closer together in the final part of the movement. This twist is supposed to provide a more intense final contraction in the sternal part of the muscle. However, the twist usually only involves the forearm, and the pectoral muscle is hardly working against gravity at the end of the lift, which makes the movement less effective (see Exercise 2.3).



3 Chest, Free Weight DECLINE BENCH PRESS



Muscles involved

MAIN MUSCLES: pectoralis major (lower part), triceps, deltoids (anterior)
SECONDARY MUSCLES: pectoralis minor, coracobrachialis, serratus anterior, subscapularis
ANTAGONISTS: latissimus dorsi, biceps, deltoids (posterior)

VARIATIONS

3.2 ... WITH DUMBBELLS

MUSCLES USED
 pectoralis major (lower part), triceps, deltoids (anterior)

TECHNIQUE

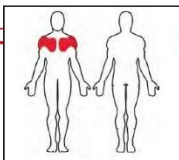
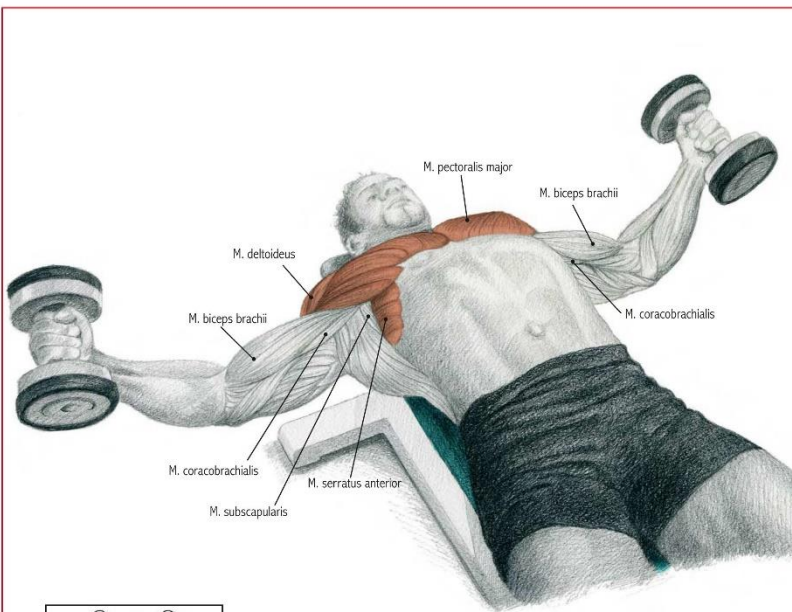
The position is the same as for the barbell press, but it is necessary to lie back while holding the dumbbells with the arms flexed, unless you are being helped by someone who can pass you the weights. In addition to the drawbacks mentioned previously, using dumbbells for this exercise obliges you to manage your weights in this rather unnatural posture at the beginning and end of each set, although it does allow a longer movement. In this light, it is advisable not to do heavy sets and to seek assistance. Picking up and putting down the weights involves some risk to the shoulders, not to mention the possibility that you may damage the apparatus.



Göğüs Bölgesi Antrenmanları

5 Chest, Free Weight

FLYES/DUMBBELL FLYES



Muscles involved

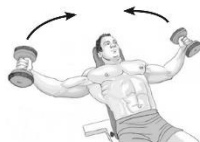
MAIN MUSCLES: pectoralis major, deltoids (anterior), serratus anterior
SECONDARY MUSCLES: coracobrachialis, subscapularis, M. biceps brachii
ANTAGONISTS: latissimus dorsi, deltoid (posterior), triceps, trapezius, rhomboids, teres

VARIATIONS

5.2 ... INCLINE

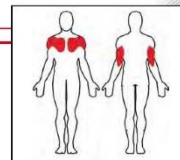
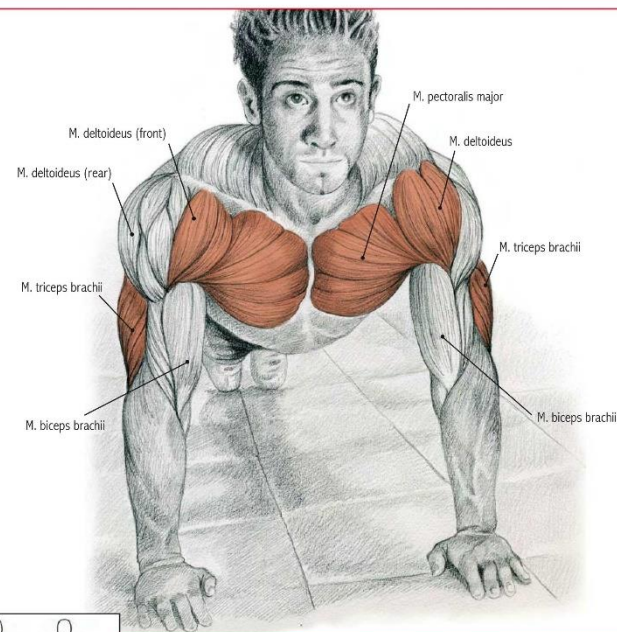
MUSCLES USED
 pectoralis major (clavicular area), deltoids (anterior), serratus anterior

TECHNIQUE
 Essentially, the technique used is the same as in the basic exercise but on a bench set at an incline of 30° to 45° (see Ex. 2.2 "incline press with dumbbells"). Obviously, it is the upper fibers that make the greatest effort, although the rest contribute.



6 Chest, Free Weight

PUSH-UPS



Muscles involved

MAIN MUSCLES: pectoralis major, triceps, deltoids (anterior)
SECONDARY MUSCLES: serratus anterior, coracobrachialis, subscapularis
ANTAGONISTS: latissimus dorsi, biceps, deltoids (posterior)

VARIATIONS 6.2 ... DECLINE

MUSCLES USED
 pectoralis major (clavicular area), triceps, deltoids (anterior)

TECHNIQUE
 The movement is the same, but the feet are supported on a bench or step. The upper part of the pectoral muscle (clavicular area) and the center part work harder in this variant.



6.3 ... INCLINE

MUSCLES USED
 pectoralis major, triceps, deltoids (anterior)

TECHNIQUE
 The same as in variant 6.2 but with your feet on the ground and your hands on a bench or step. The lower and center parts of the pectoral muscle work harder in this variant.

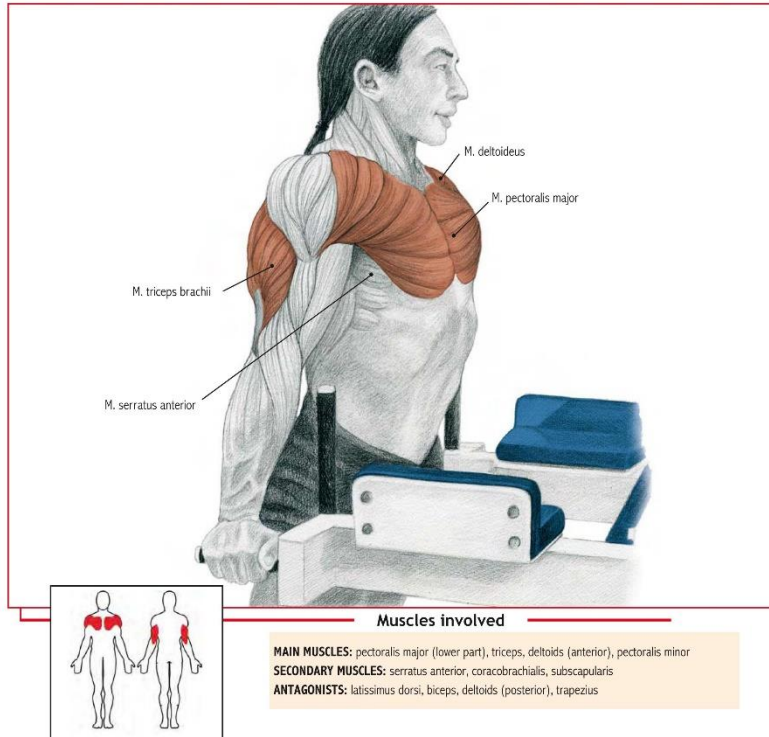


Göğüs Bölgesi Antrenmanları

7

Chest,
Free Weight

PARALLEL DIPS



VARIATIONS

7.2 ... WITH WEIGHTS

MUSCLES USED

pectoralis major (lower part), triceps, deltoids (anterior), pectoralis minor

TECHNIQUE

The movement and technique are the same as for the basic exercise. The only difference is to hang a weight from your waist or a belt (or hold a dumbbell between crossed feet). If a weight is used, the precautions mentioned for the basic exercise are even more important because you are increasing the risk of harm to the muscles worked. Because of this, it is advisable to slow down and increase the number of repeats rather than adding any additional load.

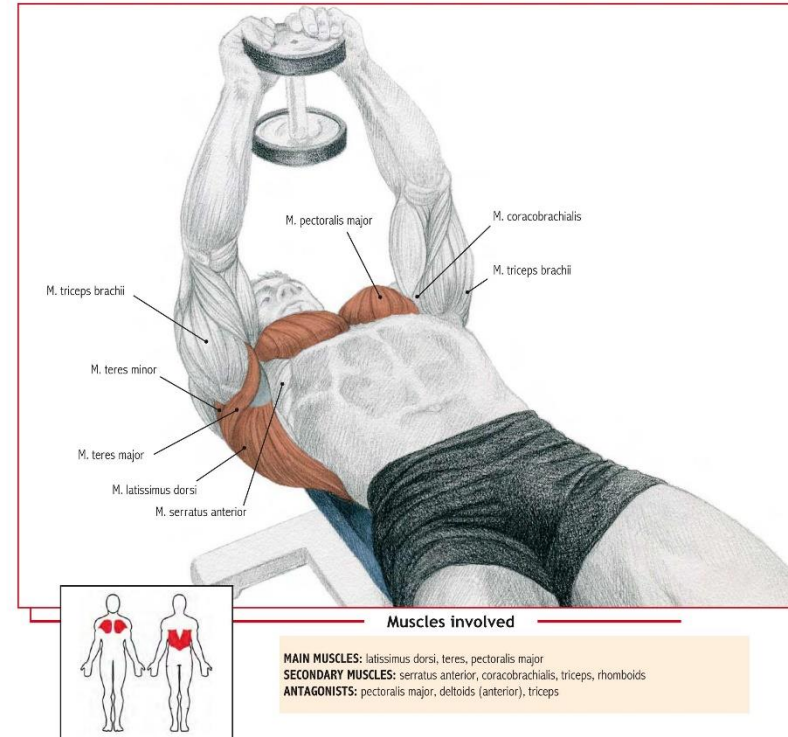
Machines exist (for both dips and pull-ups) incorporating a weighted plate and a cable running vertically to the body to hook up the belt, although they are not common. All of the preceding comments concerning free weights also apply.



8

Chest,
Free Weight

DUMBBELL PULL-OVER



VARIATIONS

8.2 ... WITH BARBELL

MUSCLES USED

pectoralis major, latissimus dorsi, teres major

TECHNIQUE

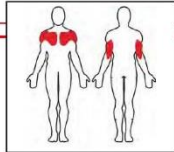
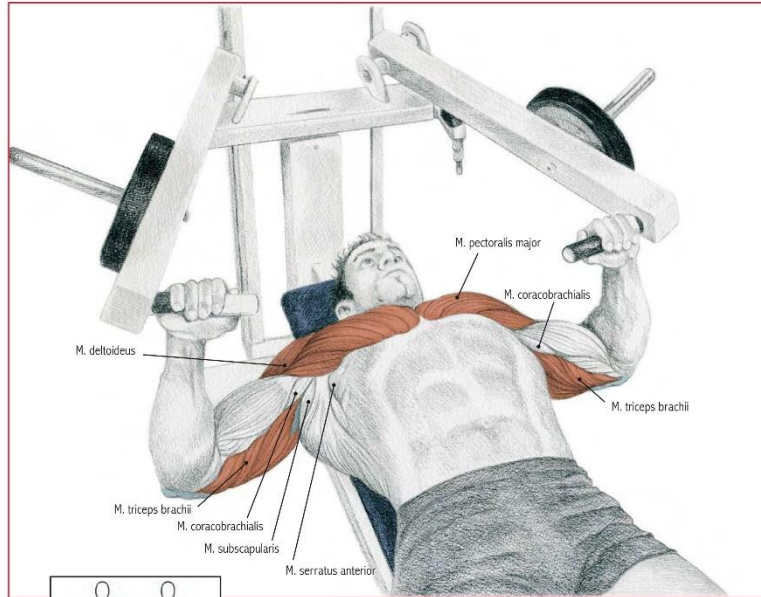
Take a short barbell with an overhand grip (pronation) and perform the same movement as with the dumbbell. This variant is not as safe as the basic exercise as there is a risk of losing your balance.



Göğüs Bölgesi Antrenmanları

14 Chest, Machines

MACHINE BENCH PRESS



Muscles involved

MAIN MUSCLES: pectoralis major, triceps, deltoids (anterior)
SECONDARY MUSCLES: coracobrachialis, serratus anterior, subscapularis
ANTAGONISTS: latissimus dorsi, biceps, deltoids (posterior)

VARIATIONS

14.2 ... INCLINE

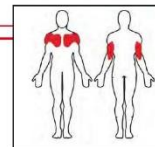
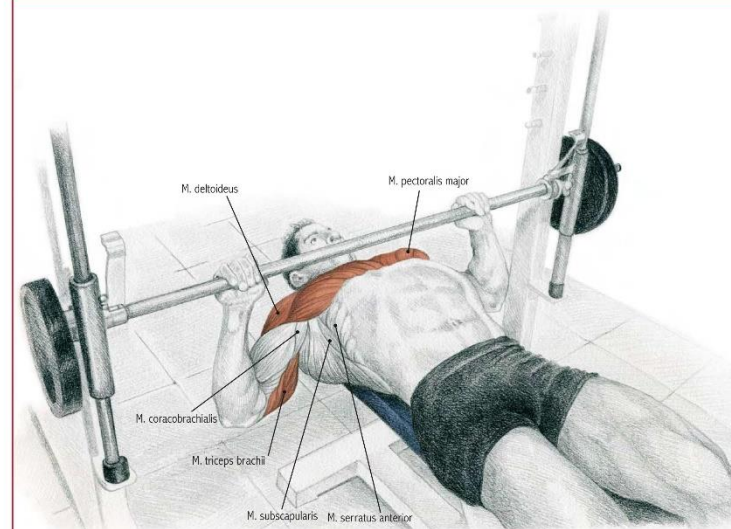
MUSCLES USED
 pectoralis major (clavicular area), deltoid (anterior), triceps

TECHNIQUE
 The movement is the same, but the incline, or the design of the machine, shifts work to the higher (clavicular) part of the pectoral muscles, and to the anterior part of the shoulders.



15 Chest, Machines

MULTI-POWER BENCH PRESS



Muscles involved

MAIN MUSCLES: pectoralis major, triceps, deltoids (anterior)
SECONDARY MUSCLES: coracobrachialis, serratus anterior, subscapularis
ANTAGONISTS: latissimus dorsi, biceps, deltoids (posterior)

VARIATIONS 15.2 ... INCLINE

MUSCLES USED
 pectoralis (clavicular area), triceps, deltoid (anterior)

TECHNIQUE
 The movement is the same as in the basic exercise, but the bench is set at an incline of around 30° to 45°. As in the case of the incline press with free weight (Ex. 2), the pectoral muscle remains in demand, but the work is shifted to the upper (clavicular) fibers and the shoulders.



15.2 ... DECLINE

MUSCLES USED
 pectoralis (lower part), triceps, deltoids (anterior)

TECHNIQUE
 The movement is the same as in the basic exercise, but the bench is set at a decline of around 30°. The pectoral work is more intense for the lower muscle fibers. Working out with your head below the level of the body has serious disadvantages, as described in "decline bench press" with free weight (Ex. 3).

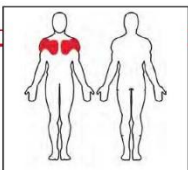
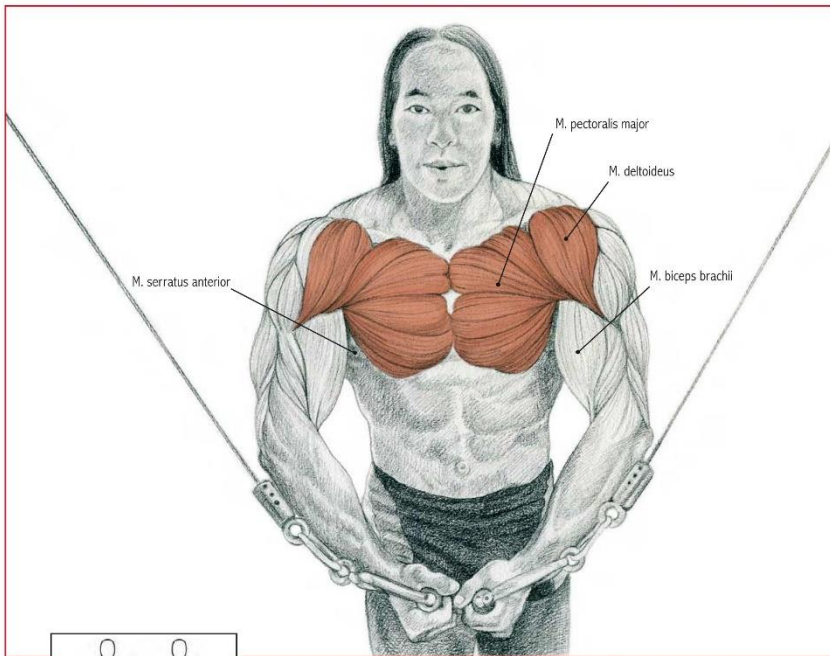


Göğüs Bölgesi Antrenmanları

16

Chest, Machines

CABLE CROSSOVER



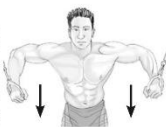
Muscles involved

MAIN MUSCLES: pectoralis major, deltoids (anterior)
SECONDARY MUSCLES: pectoralis minor, coracobrachialis, serratus anterior, subscapularis, biceps
ANTAGONISTS: latissimus dorsi, deltoids (posterior), triceps

VARIATIONS 16.2 ... PRESS

MUSCLES USED
 pectorals, deltoids (anterior) and triceps
TECHNIQUE

Far from being a mistake, this variant can be used to make the crossover into an excellent pectoral exercise. It requires the same posture but a different movement, in which you will need to bend your elbows as you open your arms and straighten them as you bring your hands together. This allows a heavier load without putting excess strain on the elbows and shoulders. If you use a moderate to light load and do a large number of repeats, you will achieve an excellent level of congestion in the pectoral muscle.



VARIATIONS 16.3 ... ONE-HANDED

MUSCLES USED
 pectorals, deltoids (anterior) and biceps
TECHNIQUE

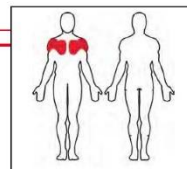
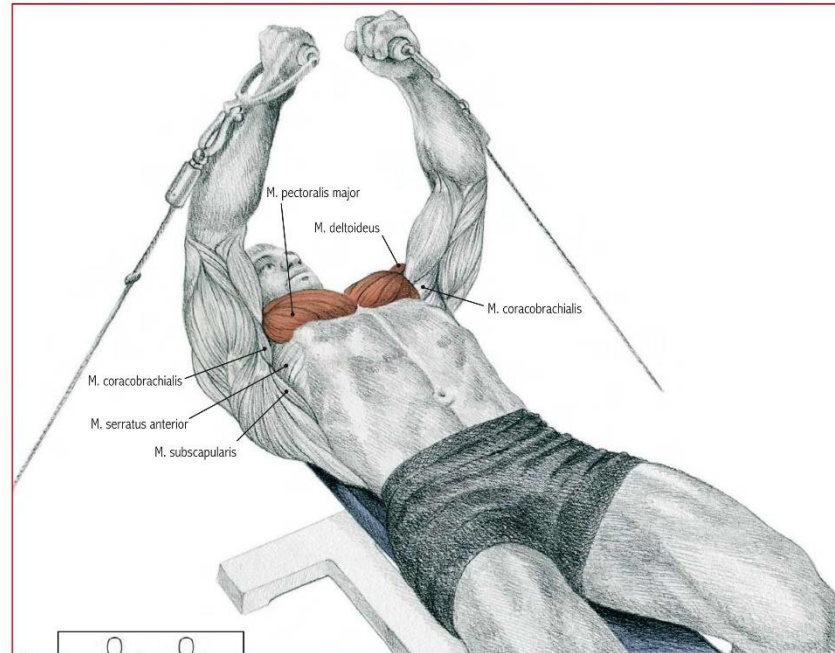
The posture is the same as in the preceding exercises, but you use only one hand and place the other on your hip. This stance is more comfortable if you place the opposite leg of the arm worked slightly forward. You can use either the flyes-style movement (conventional cable crossover) or the press style. It is necessary to fix the abdominal and lumbar muscles firmly to prevent your trunk from twisting with the movement. You should use this variant only when the cable crossover apparatus is not available in the gym.



17

Chest, Machines

CABLE FLYES



Muscles involved

MAIN MUSCLES: pectoralis major, deltoids (anterior)
SECONDARY MUSCLES: coracobrachialis, subscapularis, serratus, M. biceps brachii
ANTAGONISTS: latissimus dorsi, deltoid (posterior), trapezius, rhomboids, teres

VARIATIONS

17.2 ... INCLINE

MUSCLES USED
 pectoralis major (clavicular area), deltoids (anterior)

TECHNIQUE

Essentially, the technique used is the same as in the basic exercise but on a bench set at an incline of 30° to 45° (see Ex. 5.2 "Incline flyes with dumbbells"). This variant is excellent to achieve congestion of the upper part of the pectoral muscle, where dumbbell flyes are less effective. As a consequence, it works out an area of the pectoral muscles that is otherwise difficult to train, and the inclusion of this exercise (or the pressstyle variant, Ex. 17.3) in your training routines is recommended.



