

# ESSENTIAL HOME CHEST BLAST

No Equipment Required • Focus on Hypertrophy & Form

## THE ROUTINE

Exercise	Sets/Reps	Focus Tip
<b>Standard Push-Ups</b> Warm-up / Foundation	3 Sets x 12-15	Keep elbows at a 45-degree angle to protect shoulders and maximize chest engagement.
<b>Decline Push-Ups</b> Upper Chest Focus	3 Sets x 10-12	Place feet on a chair or bed. Slow descent (3 seconds) to increase time under tension.
<b>Diamond Push-Ups</b> Inner Chest & Triceps	3 Sets x 8-10	Bring hands together under the center of your chest. Squeeze hard at the top.
<b>Wide Grip Push-Ups</b> Outer Chest & Stretch	2 Sets x To Failure	Hands wider than shoulder width. Focus on the stretch at the bottom of the movement.
<b>Floor Chest Squeeze</b> Isometric Contraction	3 Sets x 30s Hold	Press palms together as hard as possible in front of your chest. Breathe deeply.

### Pro-Tips for Maximum Growth

- **Mind-Muscle Connection:** Visualize the chest fibers contracting on every rep rather than just moving your weight.
- **Progressive Overload:** Once these become easy, slow down the tempo or add a backpack for extra resistance.
- **Rest:** Keep rest periods between 60-90 seconds to maintain intensity.
- **Protein Intake:** Ensure you are hitting your daily protein targets to support muscle repair.

Consistent effort leads to lasting results. Keep pushing.