

lower chest bodyweight exercises

lower chest bodyweight exercises offer a fantastic and accessible way to sculpt and strengthen your pectoral muscles without needing gym equipment. Developing a well-rounded physique often involves targeting specific muscle groups, and the lower chest is no exception. This comprehensive guide will explore various effective bodyweight movements designed to hit that often-neglected area, providing detailed instructions, variations, and tips for maximizing your results. We will delve into the anatomy of the chest, the benefits of bodyweight training for lower pec development, and practical strategies for integrating these exercises into your routine for optimal muscle growth and definition. Get ready to unlock your lower chest potential with these powerful, equipment-free techniques.

Table of Contents

Understanding the Anatomy of the Pectoral Muscles

The Benefits of Lower Chest Bodyweight Exercises

Essential Lower Chest Bodyweight Exercises

Variations and Progressions for Enhanced Lower Chest Development

Integrating Lower Chest Bodyweight Exercises into Your Workout Routine

Maximizing Results and Preventing Plateaus

Understanding the Anatomy of the Pectoral Muscles

The pectoral muscles, commonly referred to as the chest muscles, are a complex group of muscles located on the anterior (front) of the upper torso. Anatomically, the pectoralis major is the larger and more superficial of the two pectoral muscles, further divided into two distinct heads: the clavicular head (upper chest) and the sternocostal head (middle and lower chest). While many exercises target the entire pectoral region, understanding the specific function of each head is crucial for focused development. The lower portion of the sternocostal head is primarily responsible for downward and inward movements of the arm, such as bringing the arms down from an overhead position or

adduction (bringing the arms across the body).

The pectoralis minor lies beneath the pectoralis major and plays a role in scapular protraction and depression. While not directly visible, its strength and function can indirectly impact the overall appearance and performance of the chest. When we discuss lower chest exercises, we are primarily aiming to stimulate the sternocostal head of the pectoralis major, particularly its inferior fibers. This focused approach ensures balanced muscular development and contributes to a more complete and aesthetically pleasing chest.

The Benefits of Lower Chest Bodyweight Exercises

Utilizing bodyweight exercises for lower chest development offers a multitude of advantages that extend beyond just building muscle. One of the most significant benefits is accessibility; you can perform these exercises virtually anywhere, at any time, eliminating the need for gym memberships or expensive equipment. This makes it an ideal training method for those who travel frequently, have limited space at home, or prefer the convenience of at-home workouts.

Furthermore, bodyweight exercises inherently engage stabilizing muscles throughout the body. As you control your own body weight through various movements, your core, shoulders, and even legs work in tandem to maintain balance and stability. This leads to a more functional and integrated strength development. For the lower chest, in particular, bodyweight movements can enhance relative strength, which is the ability to move your body weight effectively through space. This translates to better performance in a wide range of physical activities and sports. It also provides a lower impact option for many individuals, making it a suitable choice for those recovering from injuries or seeking to reduce joint stress.

Essential Lower Chest Bodyweight Exercises

Several bodyweight exercises effectively target the lower chest muscles, allowing for focused development without any external resistance. These movements leverage your body's own weight and leverage to create the necessary tension for muscle hypertrophy and strength gains. Mastering the basic form of these exercises is paramount before moving on to more advanced variations.

Decline Push-Ups

The decline push-up is arguably the most effective bodyweight exercise for directly targeting the lower chest. By elevating your feet higher than your hands, you increase the angle of resistance, forcing the lower pectoral fibers to work harder. To perform a decline push-up, find a stable elevated surface such as a chair, bench, or step. Place your hands on the floor slightly wider than shoulder-width apart, with your feet resting on the elevated surface. Maintain a straight line from your head to your heels, engaging your core. Lower your chest towards the floor by bending your elbows, keeping them tucked slightly towards your body, not flared out wide. Push back up to the starting position, fully extending your arms. The greater the elevation of your feet, the more challenging the exercise becomes and the greater the emphasis on the lower chest.

Incline Push-Ups (with focus on downward motion)

While typically associated with upper chest development, incline push-ups can be adapted to emphasize the lower chest, particularly with a conscious focus on the eccentric (lowering) phase. Set up by placing your hands on an elevated surface like a sturdy table or counter. Your body should be at an angle, with your feet on the floor. To bias the lower chest, focus on a slow and controlled descent, allowing your chest to dip slightly below the level of your hands. As you push back up, engage your chest muscles, imagining you are pushing your torso away from the surface. While not as direct as

decline push-ups, this variation can still contribute to lower pec activation, especially when performed with deliberate muscular contraction.

Dips (Chest-Focused)

Dips, when performed correctly for chest activation, can be a powerful compound exercise for the lower chest. To perform chest-focused dips, use parallel bars or the edge of sturdy chairs. Position yourself between the bars or over the edges, gripping them firmly. Lean your torso forward slightly, allowing your elbows to flare out a bit more than you would for triceps-focused dips. Lower your body down by bending your elbows until your chest is close to the bars or you feel a stretch in your pectorals. Ensure your shoulders remain down and back, avoiding shrugging. Push back up to the starting position, squeezing your chest muscles at the top. If standard dips are too difficult, you can use an assisted dip machine or have a spotter assist you. Conversely, for an added challenge, you can add weight by wearing a weighted vest or holding a dumbbell between your feet.

Explosive Push-Ups (Clapping Push-Ups)

Explosive push-ups, such as clapping push-ups, recruit fast-twitch muscle fibers, which are crucial for power and muscle growth. While these exercises engage the entire chest, the rapid and forceful extension required can particularly stimulate the lower pectoral region as it drives your body upwards. To perform a clapping push-up, start in a standard push-up position. Explode upwards with enough force to lift your hands off the ground, clap your hands together in front of you, and then land softly back in the starting position. The focus here is on generating maximum power and speed. Variations include one-hand claps or performing the push-up on an elevated surface to reduce the distance you need to travel upwards.

Variations and Progressions for Enhanced Lower Chest Development

Once you have mastered the foundational lower chest bodyweight exercises, it's essential to incorporate variations and progressions to continue challenging your muscles and stimulating growth. Plateaus are common in any training regimen, and regularly changing the demands placed on your muscles is key to overcoming them and achieving continuous improvement.

Adjusting Foot Elevation

For decline push-ups, the most straightforward progression is to gradually increase the height of the surface your feet are resting on. Start with a low step or bench and progress to higher objects as you get stronger. This increases the leverage and shifts more of your body weight onto your chest, making the exercise significantly more demanding. You can also experiment with different angles to find what feels most effective for your lower chest activation.

Tempo and Range of Motion

Manipulating the tempo of your repetitions can significantly enhance muscle activation and growth. Try performing the eccentric (lowering) phase of your exercises much slower than the concentric (pushing) phase. For instance, in decline push-ups, take 3-5 seconds to lower yourself to the floor, hold for a brief pause, and then explosively push back up. Increasing the range of motion, by performing exercises on elevated surfaces that allow your chest to go slightly below your hands (e.g., deficit push-ups using blocks or books), can also provide a deeper stretch and more intense stimulation for the lower chest fibers.

Increased Volume and Frequency

A simple yet effective way to progress is by increasing the total volume of your workouts. This can involve performing more sets and repetitions of your chosen lower chest exercises. Alternatively, you can increase the frequency with which you train your lower chest. However, it's crucial to ensure adequate rest and recovery to prevent overtraining and allow your muscles to repair and grow. Listen to your body and adjust your training based on your recovery capabilities.

Unilateral Variations

Introducing unilateral (one-sided) variations can further challenge your stabilizing muscles and increase the intensity of the exercise. While less common for pure lower chest isolation with bodyweight, exercises like one-arm push-ups performed from an incline or with support can indirectly engage the lower chest more intensely due to the increased stability demands. These are advanced movements that require significant foundational strength.

Integrating Lower Chest Bodyweight Exercises into Your Workout Routine

Effectively incorporating lower chest bodyweight exercises into your existing fitness plan is crucial for achieving your desired results. Whether you're a beginner or an experienced athlete, a structured approach will maximize your gains and prevent overtraining.

Workout Split Considerations

If you follow a split routine, you can dedicate specific days to chest training or incorporate lower chest exercises into a broader upper body day. For instance, a push-pull-legs split would allow you to perform lower chest exercises on your "push" day alongside shoulders and triceps. Alternatively, if you train your chest twice a week, you could dedicate one session to incline exercises and another to decline variations and dips to ensure comprehensive development.

Rep Ranges and Set Schemes

For muscle hypertrophy (growth), aim for rep ranges between 8-15 repetitions per set. If an exercise feels too easy to complete more than 15 reps with good form, it's time to progress to a more challenging variation. For strength gains, lower rep ranges (5-8) with more challenging variations or added resistance might be more appropriate. Typically, 3-4 sets of each exercise is a good starting point. Rest periods of 60-90 seconds between sets are generally recommended for hypertrophy.

Warm-up and Cool-down

Before starting your workout, a proper warm-up is essential to prepare your muscles and joints for exercise. This can include light cardio, dynamic stretching (e.g., arm circles, torso twists), and a few light sets of your chosen exercises. After your workout, a cool-down phase with static stretching for the chest, shoulders, and triceps can help improve flexibility and reduce muscle soreness. Holding stretches for 30 seconds per muscle group is generally advised.

Maximizing Results and Preventing Plateaus

To ensure continued progress and avoid hitting plateaus, consistency, progressive overload, and strategic variation are key. Your body is highly adaptable, so it's important to continually challenge it in

new ways.

Progressive overload can be achieved not only by increasing the difficulty of exercises but also by increasing the training density (performing more work in less time), improving your form for better muscle activation, or increasing the frequency of your training sessions, provided you can recover adequately. Listening to your body is paramount; adequate rest, proper nutrition, and sufficient sleep are as crucial as the exercises themselves. Without them, your muscles cannot repair and grow, and you risk injury and burnout. Regularly reassessing your goals and adjusting your training plan accordingly will ensure you keep making progress towards a stronger, more defined lower chest.

The Importance of Nutrition and Recovery

Muscle growth and repair are heavily dependent on your nutritional intake and recovery strategies. Ensuring you consume an adequate amount of protein is vital for muscle protein synthesis, the process by which muscle tissue is repaired and built. Aim for a daily protein intake that supports your activity level, generally ranging from 1.6 to 2.2 grams of protein per kilogram of body weight. Hydration also plays a significant role in muscle function and recovery; ensure you are drinking enough water throughout the day.

Beyond nutrition, rest and sleep are non-negotiable components of muscle recovery. During sleep, your body releases growth hormone and carries out essential repair processes. Aim for 7-9 hours of quality sleep per night. Active recovery methods, such as light stretching, foam rolling, or gentle walks on rest days, can also aid in reducing muscle soreness and improving blood flow, which can accelerate the recovery process and help prevent overtraining.

FAQ Section

Q: What is the most effective bodyweight exercise for targeting the

lower chest?

A: The decline push-up is widely considered the most effective bodyweight exercise for directly targeting the lower chest. By elevating your feet, you change the angle of resistance, placing greater emphasis on the sternocostal head of the pectoralis major, particularly its inferior fibers.

Q: How can I make bodyweight lower chest exercises more challenging if they become too easy?

A: You can increase the challenge by progressively elevating your feet higher in decline push-ups, by increasing the range of motion (e.g., deficit push-ups), by slowing down the tempo of your repetitions (especially the eccentric phase), or by increasing the volume (more sets and reps). For dips, you can add weight by wearing a weighted vest or holding a dumbbell.

Q: Can I build significant lower chest muscle with just bodyweight exercises?

A: Yes, it is absolutely possible to build significant lower chest muscle with bodyweight exercises, especially if you consistently apply the principles of progressive overload, proper nutrition, and adequate recovery. While weights offer a linear way to increase resistance, bodyweight training provides diverse methods for challenging your muscles.

Q: How often should I perform lower chest bodyweight exercises?

A: For most individuals aiming for muscle growth, training your lower chest 2-3 times per week with adequate rest days in between is generally effective. Listen to your body; if you experience persistent soreness or fatigue, you may need to reduce frequency or intensity.

Q: What are the benefits of focusing on the lower chest specifically?

A: Focusing on the lower chest contributes to a more balanced and aesthetically pleasing pectoral development. It can help create a fuller, more defined chest appearance and improve overall upper body strength and posture.

Q: Are there any risks associated with bodyweight lower chest exercises?

A: Like any exercise, there are risks if performed incorrectly. Common issues can include wrist strain from push-up variations or shoulder impingement if form is compromised. Always prioritize proper form, warm up adequately, and consider consulting a fitness professional if you are unsure about technique.

Q: How do I know if I'm engaging my lower chest effectively during exercises?

A: You should feel a distinct "squeeze" or tension in the lower part of your chest during the concentric (pushing) phase of exercises like decline push-ups and chest-focused dips. Visualizing the lower pec fibers contracting and focusing on that mind-muscle connection can enhance effectiveness.

Q: Can I do lower chest exercises on the same day as upper chest exercises?

A: Yes, you can incorporate lower chest exercises into the same workout as upper chest exercises. Many chest workouts include a mix of incline, flat, and decline movements to target all areas. You might start with exercises for the upper chest and then move to lower chest focused movements, or vice versa, depending on your training strategy.

Lower Chest Bodyweight Exercises

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lower chest bodyweight exercises: Bodyweight Strength Training Anatomy Bret Contreras, 2013-09-06 Going far beyond standard pull-ups, push-ups, and squats, Bodyweight Strength Training Anatomy presents 156 unique exercises that work every muscle in the body. Detailed anatomical artwork accompanies step-by-step instructions for performing each exercise anytime, anywhere, without the need for equipment or machines.

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lower chest bodyweight exercises: The Bodyweight Blueprint Brad Kolowich, Jr., 2025-04-02 High-tech machines, free weights, complex programs, gym memberships—there are so many tools to improve fitness, but you are likely overlooking the most powerful tool available to you: your own weight. The Bodyweight Blueprint is your guide to building the ideal bodyweight workouts for your goals, regardless of age, fitness level, or experience. With no equipment necessary, this unique programming guide offers 86 versatile exercises and 39 stretches that can be done wherever

you are. Certified personal trainer Brad Kolowich Jr., whose client list includes Tyler Perry, Alicia Silverstone, and Luke Evans, is on a mission to show people the power of bodyweight exercises. In *The Bodyweight Blueprint* he includes over 70 simple and effective workouts that can be done with little or no equipment, including these: Strength workouts that target every major muscle group and develop a solid foundation that translates into daily activities Endurance workouts designed to push your limits and increase your stamina Mobility and flexibility workouts to help improve range of motion and maintain joint health Performance workouts to build athleticism and challenge your speed, agility, and power Organized by body part, this user-friendly guide makes planning your workout easy. Whether you're targeting a specific muscle group or designing your own workout, this book will guide you through intensification methods, tempo, and protocols. Kolowich offers the tools to build unique workout programs and includes techniques that can be added to nearly any exercise to progress its difficulty. With tips for proper form, clear instructions, and variations, you'll have everything you need to take your fitness into your own hands and tailor workouts to your goals and abilities. Making fitness safe and approachable, *The Bodyweight Blueprint* will help you build a stronger, more resilient body, regardless of where you choose to work out. *The Bodyweight Blueprint* is the essential resource for those looking to get stronger without the hassle of equipment. Earn continuing education credits/units! A continuing education exam that uses this book is also available. It may be purchased separately or as part of a package that includes both the book and exam.

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and simple weights, you'll embark on a transformative six-week program that reshapes your body and redefines your relationship with fitness. We break down the science behind exercise, nutrition, and recovery, empowering you with knowledge to optimize your workout routine and fuel your body for success. Modified Muscles is more than just a collection of exercises; it's a mindset shift that encourages you to embrace the journey, celebrate progress, and overcome obstacles. We'll help you conquer common challenges like lack of motivation, time constraints, and fear of failure, arming you with practical strategies and techniques to stay on track and achieve lasting results. Inside this guide, you'll discover:

- A step-by-step, six-week workout plan that requires minimal equipment and can be done in the comfort of your own home.
- A deep dive into the science of fitness, empowering you to understand how your body works and how to optimize your workouts.
- Expert guidance on nutrition and recovery, providing you with the knowledge to fuel your body for peak performance and promote faster muscle recovery.
- Effective strategies for overcoming common fitness obstacles, such as lack of motivation, time constraints, and fear of failure.
- A supportive and encouraging tone that guides you through the program, celebrating your progress and helping you stay motivated.

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lower chest bodyweight exercises: Essentials of Strength Training and Conditioning NSCA -National Strength & Conditioning Association, 2021-06 Developed by the National Strength and Conditioning Association (NSCA) and now in its fourth edition, Essentials of Strength Training

and Conditioning is the essential text for strength and conditioning professionals and students. This comprehensive resource, created by 30 expert contributors in the field, explains the key theories, concepts, and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance. The scope and content of *Essentials of Strength Training and Conditioning, Fourth Edition With HKPropel Access*, have been updated to convey the knowledge, skills, and abilities required of a strength and conditioning professional and to address the latest information found on the Certified Strength and Conditioning Specialist (CSCS) exam. The evidence-based approach and unbeatable accuracy of the text make it the primary resource to rely on for CSCS exam preparation. The text is organized to lead readers from theory to program design and practical strategies for administration and management of strength and conditioning facilities. The fourth edition contains the most current research and applications and several new features: Online videos featuring 21 resistance training exercises demonstrate proper exercise form for classroom and practical use. Updated research—specifically in the areas of high-intensity interval training, overtraining, agility and change of direction, nutrition for health and performance, and periodization—helps readers better understand these popular trends in the industry. A new chapter with instructions and photos presents techniques for exercises using alternative modes and nontraditional implements. Ten additional tests, including those for maximum strength, power, and aerobic capacity, along with new flexibility exercises, resistance training exercises, plyometric exercises, and speed and agility drills help professionals design programs that reflect current guidelines. Key points, chapter objectives, and learning aids including key terms and self-study questions provide a structure to help students and professionals conceptualize the information and reinforce fundamental facts. Application sidebars provide practical application of scientific concepts that can be used by strength and conditioning specialists in real-world settings, making the information immediately relatable and usable. Online learning tools delivered through HKPropel provide students with 11 downloadable lab activities for practice and retention of information. Further, both students and professionals will benefit from the online videos of 21 foundational exercises that provide visual instruction and reinforce proper technique. *Essentials of Strength Training and Conditioning, Fourth Edition*, provides the most comprehensive information on organization and administration of facilities, testing and evaluation, exercise techniques, training adaptations, program design, and structure and function of body systems. Its scope, precision, and dependability make it the essential preparation text for the CSCS exam as well as a definitive reference for strength and conditioning professionals to consult in their everyday practice. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately.

lower chest bodyweight exercises: NSCA's Guide to High School Strength and Conditioning Patrick McHenry, NSCA -National Strength & Conditioning Association, Mike Nitka, 2022 NSCA's Guide to High School Strength and Conditioning equips you to deliver the highest-quality strength and conditioning program in the high school setting--whether you are a strength and conditioning professional, physical education teacher, sport coach, or administrator.

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lower chest bodyweight exercises: *Calisthenics: The Ultimate Guide Achieve the Physique of Your Dreams through Bodyweight Exercises (Body Weight Training, workout and Exercises Can Help You Build Lean Muscle and Stay Fit)* David Bryson, 101-01-01 This book contains proven steps and strategies on how to train and develop strength, mobility and flexibility through calisthenics, without having to use any equipment. Calisthenics has been in existence since Ancient Greece, and has been effectively used to develop near superhuman strength, agility, and flexibility through the decades. You will also be provided with step-by-step guides for exercises that would develop upper body, core, and lower body strength and mobility. Here Is a Preview of What you'll learn... · Why

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achieve your fitness goals on your terms. Reclaim your strength, energy, and confidence while managing the demands of motherhood. Get ready to embrace a healthier, happier you.

Table of Contents
Introduction
Postnatal Workouts for Busy Moms on the Go
BENEFITS OF POSTNATAL WORKOUTS
GETTING STARTED WITH POSTNATAL WORKOUTS
CONSULTING WITH A HEALTHCARE PROFESSIONAL
CHOOSING THE RIGHT WORKOUT ROUTINE
SETTING REALISTIC GOALS
AT-HOME POSTNATAL WORKOUTS
BODYWEIGHT EXERCISES
YOGA AND PILATES
HIGH-INTENSITY INTERVAL TRAINING (HIIT)
OUTDOOR POSTNATAL WORKOUTS
WALKING AND JOGGING
STROLLER WORKOUTS
OUTDOOR CIRCUIT TRAINING
GROUP EXERCISE CLASSES
PILATES CLASSES
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lower chest bodyweight exercises: Circuit Burn Ava Thompson, AI, 2025-03-14 Circuit Burn is your comprehensive guide to transforming fitness through high-intensity circuit training, blending strength and cardio for superior results. It explores how metabolic conditioning boosts calorie burn even post-workout, while functional fitness improves real-life movement. Discover circuit training's evolution and how this integrated approach challenges the misconception that strength and cardio should be separate. The book starts with circuit training basics, equipment, and safety before diving into customized workouts. Chapters focus on bodyweight, dumbbell, and machine-based circuits, tailored to various fitness levels. Circuit Burn emphasizes personalized programs, adapting to individual goals and time constraints. Concluding with workout plans and nutritional guidance, it's a practical resource for sustainable fitness. Backed by science and real-world examples, it helps you achieve weight loss, muscle gain, and improved cardiovascular health effectively.

lower chest bodyweight exercises: Healthy Eating, Exercise, and Sleep Jacob Nelson, 2024-02-14 Health and Wellness Workbooks for Teens and Pre-Teens Ages 11+ Teach students about nutrition, healthy food choices, healthy exercise types, sleep, and recovery, setting the foundation to building healthy lifestyle habits that will allow them to continue living long and healthy lives with the Mark Twain Healthy Eating, Exercise, and Sleep Mindfulness Workbook for Teens! Health and Wellness Workbooks for Kids are a great way for middle school and high school kids to maintain healthy living patterns through fun and focused practice. Why You'll Love This Health and Fitness Book Activities focused on healthy life skills for teens & pre-teens. Students learn about nutrition, meal planning and prep, different types of exercise, sleep hygiene, and more health and wellness topics. Tracking progress along the way. Key terms are defined throughout the book to familiarize students with relevant nutritional, exercise, and sleep information before moving onto new concepts. Practically sized for every activity. The 80-page health and wellness book is sized at about 8" x 11"—giving you and your child plenty of space to complete each exercise. About Mark Twain Books Designed by leading educators, Mark Twain Publishing Company specializes in providing captivating, supplemental books and resources in a wide range of subjects for middle- and upper-grade homeschool and classroom curriculum success. The Mark Twain Health Book Contains: Reproducible activities Vocabulary words with definitions

lower chest bodyweight exercises: Functional First: Movement That Matters Michelle Grain, Functional First: Movement That Matters is your no-nonsense guide to building a body that works—strong, capable, and injury-resistant in the real world, not just the gym. Whether you're lifting groceries, chasing kids, or reclaiming your mobility, this book prioritizes practical movement over flashy workouts. With expert insights, easy-to-follow routines, and a focus on long-term health, Functional First helps you move better, feel stronger, and live life on your terms. Because fitness isn't just about how you look—it's about how you move through life.

lower chest bodyweight exercises: Strength vs Endurance Training Ava Thompson, AI, 2025-03-14 Strength vs. Endurance Training explores the distinct yet interconnected realms of strength and endurance exercise, offering a guide to understanding and optimizing both for superior fitness and well-being. Often, individuals focus too heavily on one type of training, leading to

plateaus or injuries; however, this book argues for a balanced approach to enhance physical health, reduce injury risk, and improve performance across various activities. Did you know early strength training emphasized brute force, while endurance training was crucial for survival activities? This book clarifies essential concepts with accessible language, making sports science understandable. The book progresses through four parts: foundational principles, common misconceptions, practical integration strategies with sample workout plans, and specific applications for athletes and fitness enthusiasts. What sets this book apart is its holistic perspective, providing a framework to strategically combine strength and endurance training rather than advocating for one over the other. By understanding the unique benefits of each, fitness enthusiasts can make informed decisions about their workout plans and athletic performance.

lower chest bodyweight exercises: *The Bodyweight Manual* Ryan Faehnle, CSCS, 2021-12-02
The secret to carving out your best body from a training standpoint is through hard resistance training workouts, interval sprints, and the occasional steady state cardio workout or long walk on the beach. But sometimes you don't have access to a good gym that's full of the equipment you need for a gut-busting leg workout or barbell complex series. So we created *The Bodyweight Manual*, not as a replacement for hard weight training workouts, but as a solution in times where you either can't get to the gym or don't have access to all of your favorite equipment. Get ready for some awesome bodyweight only workouts that will torch body fat, build muscle and get you into phenomenal shape when the gym isn't an option!

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