

John Delrosa's Chest Training Routine

Contributed by John Delrosa
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My chest has always been a lagging body part in my physique, so I always try to push myself to lift as heavy and smart as possible. My workouts are never the same for more than 2 weeks as I like to keep my body guessing. Before I get started into my leg routine I like to ride the bike for 10 minutes to get my knees and joints ready for up and coming leg blast. After the warm up I head directly over to the leg extension or squat rack depending on how my knees feel.

My chest has always been a lagging body part in my physique, so I always try to push myself to lift as heavy and smart as possible. My workouts are never the same for more than 2 weeks as I like to keep my body guessing. Before I begin on my workout I make sure to get a good stretch and a proper warm up. I usually begin my warm-up with just the barbell on the incline and then work my way up to 135lbs each for 15-20reps. I like to perform 2-3 warm-up sets to ensure that I am ready to work heavy . Once I am properly warmed up I start to go into my working sets. These sets usually consist of 4-10 repetitions and 235lbs- 405lbs. I always try to make sure that every rep that I complete is a controlled movement. I also like to make sure that for each rep I come down to my chest slowly, get a good stretch at the bottom, and explode to the top. My next exercise would be the flat dumbbell press. I make sure to use the same technique for this exercise as well as all exercises. I usually begin with about 100-110lbs and complete 3-4 sets of 4-8 reps. I like to do incline dumbbell flies after this exercise and make sure that on each rep I squeeze at the top of each rep. I usually begin this exercise with 60lbs working my way up to 75-80lbs and perform 3-4 sets and 4-10reps of this exercise. My next workout would be seated machine flies. I like to perform this exercise last because for me it really gives me a good pump. I perform this exercise at 120-140lbs for 4-10 reps and 3-4 sets as well. My workouts are never the same but here is a set of exercises I like to perform during a session.

Chest workout

Incline db press/smith machine bb press 4-8reps of 120lb db/405lbs

Flat db press 4-8 reps 140lbs

Incline db flies 4-10 reps 80lbs

Seated machine flies 4-10reps 140lbs

blast. After the warm up I head directly over to the leg extension or squat rack depending on how my knees feel. If they feel good like they did today its directly over to Squat (the king of all exercises). I always start with just the bar to get the feeling of the movement and do 15 reps slow and controlled. Once I am done with some stretching Ill throw on 135lbs and hit that for two sets of 10 to 15 reps. During this set I am feeling out my depth during the exercise always aiming for parallel or below. I feel anyone doing half a squat is only building half a leg. You must go deep to hit your glutes quads and hamstrings if you ever want to build the complete set of wheels. Ill then hit 225 for a set of 10 to 15 feel it out and on to 315 for 10 to 15. Now the fun begins. Ill start counting sets at 405 and go for 10 to 15. This first set really pumps my quads and glutes. Then Ill toss on 455 lbs and go for two heavy sets of 5 to eight. Depending on the week Ill either do Hack squats next or Leg press. I like to switch it up every week. Today it was Leg press. I will do three to four set as heavy as I can for 10 to 15 reps switching up my foot position every set. Toes pointed straight or slightly outward. I need some sweep so I am trying everything to build it into my quad. This exercise also hits my glutes and hams and really keeps the them burning. Next up it time to lunge, I hate these more than anything, but it is a must if you want the shredded glutes. I prefer the barbell but due to the all the people in my gym I have to use the dumbbells. Form is crucial here! Knee behind toe and all the way down until your other knee touches the ground. I feel walking lunges are the more effective movement

compared to others. To finish my quads I will stumble over to the leg extension machine and hit three sets of 15 . I do not go that heavy on these and instead focus on the contraction. Done correctly you should not have to go that heavy to really burn them out. Now its time to finish off the Hams.. Lying legs curls are up next three to four sets of 10 to 15 reps. I like to think of this movement like a bicep curl for the hamstring. Peak contraction is key here. To finish the workout I will hit stiff leg dead lifts with the Dumbbells of barbells. Today it was barbells. I go for a full stretch and the whole time I am squeezing my glutes. Three sets of 12 to 15 reps and then I am off to find the nearest bench to sit down on and think threw what I just did to myself. I am now fourteen weeks out from the Emerald Cup in Seattle,Wa and am hoping I am leaving nothing behind for my completion to pick up. The last thing I want is to think someone is out training me on any exercise!

IN THE TRENCHES VIDEO BLASTING LEGS

LEG ROUTINE:

Squats = 6 sets 4 working sets. 5 to 15 reps

one drop set 10 to 15
reps

Leg Press= 3 to 4 working sets 10 to 15 reps

lunges= 3 sets
10 to 15 reps

Leg extension= 3 to 4 sets 15 reps

Leg curls= 3 to
4 sets 10 to 15 reps

stiff leg dead lift- 3 sets 12 to 15 reps