

LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

THE BEST UPPER CHEST WORKOUTS



The muscle fibers in your upper chest are at a different angle than the big chest muscles. Exercises like flat bench and decline bench press emphasize the large portion of your chest, while incline bench and reverse-grip bench press emphasize the upper portion.

Ideal chest development requires a lot of emphasis on the clavicular pectoralis.

There are two main reasons:

- ✓ It's a smaller muscle that can get easily overshadowed by the pec major.
- ✓ The best exercises for the upper chest also happen to be great for growing the other parts of the chest.

I used to make two major mistakes in my chest workouts:

- ✗ Doing too much of the wrong chest exercises. I spent far too much time on machines and isolation exercises.
- ✗ Too much high-repetition training. Training to pump (rather than to get stronger) is one of the easiest ways to [hit a plateau](#).

THE BEST UPPER CHEST EXERCISES

01. Incline Barbell Press

If you want a full upper chest, you want to do a lot of incline bench pressing. And if you're going to do a lot of incline bench pressing, you want to make sure you're doing it right. [Here is how.](#)

02. Incline Dumbbell Press

Dumbbell pressing isn't better or worse than barbell pressing—it's just different. [Research](#) shows that both forms of pressing stimulate the chest similarly but barbell

pressing involves the triceps more and dumbbell pressing involves the biceps more. [Here is how to do it.](#)

03. Reverse Grip Bench Press

The reverse-grip bench press is an often-overlooked variation of the bench press that has merit. It involves flipping your grip around on the bar (so your palms face you) and not only is it easier on your shoulders but [it's also particularly effective](#) for targeting the upper chest. [Here is how to do it.](#)

THE BOTTOM LINE ON UPPER CHEST WORKOUTS:

Building a great chest isn't as hard as you might think. If you follow the advice in this article—if you hit your chest workouts hard, make sure you're progressing over time, and eat right—you will build the chest you want. Keep in mind, though, that it may take longer than you think.

Most guys find that it takes up to 3 years to get a set of pecs they're truly happy with, and some find it takes even longer.

Don't let that discourage you, though.

Focus on the here and now—tackle it one workout at a time—and celebrate each milestone along the way, and you'll get there.

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