
adding size to chest

Posted by ripped13 - 2008/05/28 22:36

I just started p90x and wanted to know about adding size to your chest. It says that if you want to add size use a weight that you can do 6-10 reps. The chest exercises are different types of pushups. I can do alot more than 6-10 pushups. It seems this program really focuses on building the back. Will this add size to my chest. any suggestions. Thanks

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Re:adding size to chest

Posted by Guinness - 2008/05/28 22:51

Welcome to the program. I found that if you get the push-up stands/grips. You can add an extra 6 inches of depth in your push-ups. I got a pair for about 12 bucks. It definately increases your range of motion. Other than that, you do such a variety (standard, wide, military and diamond) that it gives you a good work out. I'd say for the push-ups, if you can do a few more, then go right ahead, just remember there are two rounds. I burned myself out on the first round...but now I know better.

good luck

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Re:adding size to chest

Posted by Les - 2008/05/29 06:47

the 6-8-10 reps is about using weight in your exercises.
example if you use 30lbs dumbbells to do 12 easy biceps curls you should think about increasing the weight so that by the time you get to 6 reps your biceps are burning by 8 you're in pain and by 10 you can no longer proceed.
so it's not applicable to the push up or pull ups, you should do those to failure to obtain best results.

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Re:adding size to chest

Posted by BruceLeroy - 2008/07/01 06:35

The only way you'll be able to add size to your chest is by doing additional exercises using weights and a bench. Chest press is a exercise I have added to my routines.

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Re:adding size to chest

Posted by he4dhuntr - 2008/07/02 09:28

Depending on how fit you are at this point you will or will not gain chest size. I've gained quite a bit of size on my chest since starting the workouts by following the routines. Eat protein and look into creatine if you're looking to bulk up. Pushups will help you gain chest size, although if you're looking for a huge chest, you can always throw in some bench press on the right days with the right weight if you feel that you're up to the task.

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