
will p90x add size to chest

Posted by ripped13 - 2008/05/28 22:47

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 wieght 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:will p90x add size to chest

Posted by Iskarp - 2008/05/29 07:27

Pushups are generally done until failure as are pullups. The 8-10 rule is generally applied to Weight Lifting exercises through the program. I use relatively low weights for my strength level (I only have 25# dumbbells) as I did not want to put on bulk, but tone. I still put on some bulk in the shoulders and chest.

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Re:will p90x add size to chest

Posted by he4dhuntr - 2008/06/13 14:21

I think it'll add size to your chest no problem if you do the pushups until failure. What you may want to look into for building size is protein and creatine supplements.

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Re:will p90x add size to chest

Posted by Val - 2008/06/13 16:33

Yeah, this workout will definitely add muscle mass (size) and tone you up, get you in great shape, etc, etc. However, if you're hoping to become Mr. Universe or something, that requires serious body-building, which is a different approach from what P90X is.

But still, you can get looking mighty fine using the P90X route.

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