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## Does push up help to build chest?

Posted by Aspire7 - 2008/02/28 09:27

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I always like doing push up but I don't notice seeing my chest being develop and well toned. Is there any other workout that can help to build perfect chest?

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## Re:Does push up help to build chest?

Posted by glenn - 2008/02/28 14:46

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How long did you do push ups and what kind of push ups and how many push ups?

You can try different types. such as:

- 1) Single Leg - wrap one leg over the other.
- 2) Incline - Put your feet up on a chair.
- 3) Dip Pushups - Have you hands higher off the ground elevated by books or two chairs (or buy bars) that let you dip down past the normal level getting a deeper pushup.

Also need to work up to 200+ push ups 4 times a week for 6 months to really see the muscle building up. But you will get some nice pectoral muscles if you do this!

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## Re:Does push up help to build chest?

Posted by Markus56 - 2008/03/25 09:03

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- 2) Incline - Put your feet up on a chair.
- 3) Dip Pushups - Have you hands higher off the ground elevated by books or two chairs (or buy bars) that let you dip down past the normal level getting a deeper pushup.

Huh ? Dip pushups ? Explain, I have never heard of these before...

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## Re:Does push up help to build chest?

Posted by glenn - 2008/03/25 09:07

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Markus56 wrote:

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Huh ? Dip pushups ? Explain, I have never heard of these before...

It is explained. Reread - Have you hands higher off the ground elevated by books or two chairs (or buy bars) that let you dip down past the normal level getting a deeper pushup.

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## Re:Does push up help to build chest?

Posted by Les - 2008/04/20 11:46

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glenn wrote:

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to continue on the variation

4) wide push - spread your arms wider than your shoulders width.

5) staggered - keep your hands at standard width but keep them one in front of the other. Example your left hand will be next to your face while your right is next to your chest.

6) military - keep your hands close to your body by your rib cage and keep the elbows from flaring.

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## Re: Does push up help to build chest?

Posted by rickmeckwan - 2008/05/09 19:31

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## Re: Does push up help to build chest?

Posted by SDtrainer - 2008/05/23 16:26

Aspire7 wrote:

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Depends on your position in doing push-ups. Different muscle groups are affected in every positioning.:P