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Cable Chest Exercises for Upper, Lower, & Mid Pec Workout Share with your community and get the conversation started! Goal-specific nutrition plans tailored to your body type, workouts, and schedule. Customize Your Plan

Engineering. He is also a former college athlete, powerlifter, and competitive bodybuilder. When it comes to training the chest, our mind immediately conjures up images of someone lying on a bench, pressing a barbell loaded with plates or a set of enormous dumbbells up above their torso. But what if we told you that there's a highly effective way of building bigger and stronger pecs that doesn't involve either of these things? Say hello to cable chest exercises, a vastly untapped world of variety and additional benefits to add into your chest training regime. While Should You Do Cable Chest Exercises? Cable chest exercises offer a number of considerable benefits over and above the traditional barbell or dumbbell bench press. Here are some of the key ones to look out for: Improved shoulder stability & mobility: Cable exercises are fantastic for targeting many of the smaller stabilizing muscles around the shoulder joint, which is a key structure in chest-focused pressing movements. Safer & less stressful for joints: Cable chest exercises tend to place less load, and therefore less stress, on your joints than bench pressing or chest pressing. So, these are perfect for anyone with a pre-existing injury or weakness in this area—or someone looking to rehab before moving back to their typical weight-improved posture & core strength. Most cable exercises target your back and core because the majority of exercises are performed in a standing position. This will strengthen the muscles that support your spine and your shoulder blades, all of which will have positive carry-over to other full-body exercises and general health. The ability to isolate and target specific muscles: Cable exercises allow you to isolate and target specific muscles, which is a benefit that barbell and dumbbell exercises lack. For example, you can target the upper chest and lower chest specifically, so they're perfect for refining the shape and structure of the chest. Cable chest exercises are also a great option for "superst training" when combined with a compound movement such as barbell or dumbbell chest press. Cable exercises provide unilateral resistance. For example, they provide isolated resistance to both sides of the body at once. Therefore, it's impossible for one arm/side to compensate for any weaknesses in the other. This helps build stability and also keep one side from being stronger than the other. Increased time under tension: The constant resistance from the cables means that it is impossible to rest completely until every set is complete. This creates far more time under tension in each exercise and, therefore, has a greater hypertrophic (muscle building) effect. (Wilk, M., Zajac, A., & Tufano, J.J., 2021) The Best Cable Chest Exercises to Try Today Now that we've covered the benefits of cable chest exercises, let's dive into some of the most effective movements for building chest strength and definition. (Want to find the perfect cable exercises for your fitness level and goals? Our quick assessment quiz can create a personalized chest training plan just for you!) These versatile exercises have helped countless fitness enthusiasts develop impressive chest development. TAKE OUR TRAINING QUIZ 11. Cable Crossover Cable crossovers are a staple chest exercise and you've probably seen people doing this exercise at your gym. The benefits of cable crossover are that it tests your shoulder and chest strength at the end range of motion. This causes a deep pec contraction to develop a sharpened chest. How to Do: Stand in the center of the machine with feet shoulder-width apart, taking hold of a handle in each hand. Bend your torso forward slightly, keeping your spine neutral and back straight, and bend your elbows slightly as well, with your wrists facing the floor. Keeping your core engaged, pull both handles down and across your body to squeeze the pecs together. Slowly open the arms and return the cables to the start position. Repeat for 3-4 sets of 10-15 reps. 12. Seated Cable Chest Press The seated cable chest press is a great exercise for building chest strength and definition. It also allows you to isolate and target specific muscles. How to Do: Sit on a bench with your feet flat on the floor and your knees bent at a 90-degree angle. Hold the handles with your palms facing each other. Press the handles forward and upward until your arms are fully extended, then slowly return to the starting position. Repeat for 3-4 sets of 10-15 reps. 13. Cable Bench Press The cable bench press is a great exercise for building chest strength and definition. It also allows you to isolate and target specific muscles. How to Do: Lie on a bench with your feet flat on the floor and your knees bent at a 90-degree angle. Hold the handles with your palms facing each other. Press the handles forward and upward until your arms are fully extended, then slowly return to the starting position. Repeat for 3-4 sets of 10-15 reps. 14. Cable Fly The cable fly is a great exercise for building chest strength and definition. It also allows you to isolate and target specific muscles. How to Do: Stand in the center of the machine with feet shoulder-width apart, taking hold of a handle in each hand. Bend your torso forward slightly, keeping your spine neutral and back straight, and bend your elbows slightly as well, with your wrists facing the floor. Keeping your core engaged, pull both handles down and across your body to squeeze the pecs together. Slowly open the arms and return the cables to the start position. Repeat for 3-4 sets of 10-15 reps. 15. Cable Pullover The cable pullover is a great exercise for building chest strength and definition. It also allows you to isolate and target specific muscles. How to Do: Lie on a bench with your feet flat on the floor and your knees bent at a 90-degree angle. Hold the handles with your palms facing each other. Press the handles forward and upward until your arms are fully extended, then slowly return to the starting position. Repeat for 3-4 sets of 10-15 reps. 16. Cable Tricep Extension The cable tricep extension is a great exercise for building chest strength and definition. It also allows you to isolate and target specific muscles. How to Do: Stand in the center of the machine with feet shoulder-width apart, taking hold of a handle in each hand. Bend your torso forward slightly, keeping your spine neutral and back straight, and bend your elbows slightly as well, with your wrists facing the floor. Keeping your core engaged, pull both handles down and across your body to squeeze the pecs together. Slowly open the arms and return the cables to the start position. Repeat for 3-4 sets of 10-15 reps. 17. Cable Bicep Curl The cable bicep curl is a great exercise for building chest strength and definition. It also allows you to isolate and target specific muscles. How to Do: Stand in the center of the machine with feet shoulder-width apart, taking hold of a handle in each hand. Bend your torso forward slightly, keeping your spine neutral and back straight, and bend your elbows slightly as well, with your wrists facing the floor. Keeping your core engaged, pull both handles down and across your body to squeeze the pecs together. Slowly open the arms and return the cables to the start position. Repeat for 3-4 sets of 10-15 reps. 18. Cable Shoulder Press The cable shoulder press is a great exercise for building chest strength and definition. It also allows you to isolate and target specific muscles. How to Do: Stand in the center of the machine with feet shoulder-width apart, taking hold of a handle in each hand. Bend your torso forward slightly, keeping your spine neutral and back straight, and bend your elbows slightly as well, with your wrists facing the floor. Keeping your core engaged, pull both handles down and across your body to squeeze the pecs together. Slowly open the arms and return the cables to the start position. Repeat for 3-4 sets of 10-15 reps. 19. Cable Lat Pull Down The cable lat pull down is a great exercise for building chest strength and definition. It also allows you to isolate and target specific muscles. How to Do: Stand in the center of the machine with feet shoulder-width apart, taking hold of a handle in each hand. Bend your torso forward slightly, keeping your spine neutral and back straight, and bend your elbows slightly as well, with your wrists facing the floor. Keeping your core engaged, pull both handles down and across your body to squeeze the pecs together. Slowly open the arms and return the cables to the start position. Repeat for 3-4 sets of 10-15 reps. 20. Cable Row The cable row is a great exercise for building chest strength and definition. It also allows you to isolate and target specific muscles. How to Do: Stand in the center of the machine with feet shoulder-width apart, taking hold of a handle in each hand. Bend your torso forward slightly, keeping your spine neutral and back straight, and bend your elbows slightly as well, with your wrists facing the floor. Keeping your core engaged, pull both handles down and across your body to squeeze the pecs together. Slowly open the arms and return the cables to the start position. Repeat for 3-4 sets of 10-15 reps. 21. Cable Squat The cable squat is a great exercise for building chest strength and definition. It also allows you to isolate and target specific muscles. How to Do: Stand in the center of the machine with feet shoulder-width apart, taking hold of a handle in each hand. Bend your torso forward slightly, keeping your spine neutral and back straight, and bend your elbows slightly as well, with your wrists facing the floor. Keeping your core engaged, pull both handles down and across your body to squeeze the pecs together. Slowly open the arms and return the cables to the start position. Repeat for 3-4 sets of 10-15 reps. 22. Cable Deadlift The cable deadlift is a great exercise for building chest strength and definition. It also allows you to isolate and target specific muscles. How to Do: Stand in the center of the machine with feet shoulder-width apart, taking hold of a handle in each hand. Bend your torso forward slightly, keeping your spine neutral and back straight, and bend your elbows slightly as well, with your wrists facing the floor. Keeping your core engaged, pull both handles down and across your body to squeeze the pecs together. Slowly open the arms and return the cables to the start position. Repeat for 3-4 sets of 10-15 reps. 23. Cable Bench Press The cable bench press is a great exercise for building chest strength and definition. It also allows you to isolate and target specific muscles. How to Do: Lie on a bench with your feet flat on the floor and your knees bent at a 90-degree angle. Hold the handles with your palms facing each other. Press the handles forward and upward until your arms are fully extended, then slowly return to the starting position. Repeat for 3-4 sets of 10-15 reps. 24. Cable Fly The cable fly is a great exercise for building chest strength and definition. It also allows you to isolate and target specific muscles. How to Do: Stand in the center of the machine with feet shoulder-width apart, taking hold of a handle in each hand. Bend your torso forward slightly, keeping your spine neutral and back straight, and bend your elbows slightly as well, with your wrists facing the floor. Keeping your core engaged, pull both handles down and across your body to squeeze the pecs together. Slowly open the arms and return the cables to the start position. Repeat for 3-4 sets of 10-15 reps. 25. Cable Pullover The cable pullover is a great exercise for building chest strength and definition. It also allows you to isolate and target specific muscles. How to Do: Lie on a bench with your feet flat on the floor and your knees bent at a 90-degree angle. Hold the handles with your palms facing each other. Press the handles forward and upward until your arms are fully extended, then slowly return to the starting position. Repeat for 3-4 sets of 10-15 reps. 26. Cable Tricep Extension The cable tricep extension is a great exercise for building chest strength and definition. It also allows you to isolate and target specific muscles. How to Do: Stand in the center of the machine with feet shoulder-width apart, taking hold of a handle in each hand. 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Cable Squat The cable squat is a great exercise for building chest strength and definition. It also allows you to isolate and target specific muscles. How to Do: Stand in the center of the machine with feet shoulder-width apart, taking hold of a handle in each hand. Bend your torso forward slightly, keeping your spine neutral and back straight, and bend your elbows slightly as well, with your wrists facing the floor. Keeping your core engaged, pull both handles down and across your body to squeeze the pecs together. Slowly open the arms and return the cables to the start position. Repeat for 3-4 sets of 10-15 reps. 32. Cable Deadlift The cable deadlift is a great exercise for building chest strength and definition. It also allows you to isolate and target specific muscles. How to Do: Stand in the center of the machine with feet shoulder-width apart, taking hold of a handle in each hand. Bend your torso forward slightly, keeping your spine neutral and back straight, and bend your elbows slightly as well, with your wrists facing the floor. Keeping your core engaged, pull both handles down and across your body to squeeze the pecs together. Slowly open the arms and return the cables to the start position. Repeat for 3-4 sets of 10-15 reps. 33. Cable Bench Press The cable bench press is a great exercise for building chest strength and definition. It also allows you to isolate and target specific muscles. How to Do: Lie on a bench with your feet flat on the floor and your knees bent at a 90-degree angle. Hold the handles with your palms facing each other. Press the handles forward and upward until your arms are fully extended, then slowly return to the starting position. Repeat for 3-4 sets of 10-15 reps. 34. Cable Fly The cable fly is a great exercise for building chest strength and definition. It also allows you to isolate and target specific muscles. 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example of a well-rounded chest workout that incorporates cables: Barbell Flat Bench Press: 4 sets x 6-10 reps Incline Dumbbell Bench Press: 3 sets x 8-12 reps Cable Standing Chest Press: 3 sets x 10 reps (very slow eccentric) Cable Standing Middle Fly: 3 sets x 10 reps Dips: 3 sets x max reps ANATOMY & FUNCTION OF THE CHEST Your chest is made up of two muscles, the pectoralis major and pectoralis minor. PECTORALIS MAJOR The pectoralis major, or pec major for short, is a large fan-shaped slab of muscle. It is the larger of the two pectoral muscles, making up the vast majority of your chest. Your pec major, of which you have two (one on each side of your chest), runs from your sternum (breastbone) up to your clavicle (collarbone), and to the side to your humerus (upper arm bone). While the pec major is one muscle, anatomically speaking it has two distinct sets of muscle fibers. You have the upper head and lower head of the pec major. This is why you will often hear people saying "this exercise is good for the upper chest". Let us explain the function of each head, as this will help you understand how it is emphasized during workouts. Sternocostal head: The sternocostal head, which is commonly called the lower head, arises from the sternum and inserts into the humerus. It accounts for 60% of the total size of your pec major, so it really makes up the lower and middle portion of your chest. Its main responsibility is bringing your arms closer to your body's midline (shoulder adduction) and internal rotation of your humerus. Exercises that emphasize the sternocostal head - flat presses & flys and decline presses & flys. Clavicular head: The clavicular head, which is commonly called the upper head, arises from the clavicle (collar bone) and inserts into the humerus. It assists in the same actions as the sternocostal head, but it's main function is shoulder flexion (lifting the arm up). Exercises that emphasize the clavicular head - incline press, low to high cable fly, front raises. PECTORALIS MINOR Your pec minor is a small triangular muscle, of which you have one on each side, that lies under your pec major. It arises from your rib cage (3-5th ribs) and inserts into your coracoid (a small hook-like protusion at the top of your scapular). While the pec minor sits on your anterior side, due to its attachment point, its main function is controlling structures on your backside. Specifically, it helps with stabilization, depression, protraction, internal rotation and downward rotation of the scapula. As your scapular (shoulder blades) plays an important role in stabilizing your shoulders when performing chest exercises, your pec minor is working as a stabilizer for any exercise that targets your pec major. It is not a primary mover kind of muscle, it's a stabilizer muscle. That said, certain exercises bring the pec minor into a more significant role, which can help to further strengthen it. For example, with chest exercise that involve leaning your upper body forward or drawing your shoulder blades down, such as split stance cable flys or cable decline presses, your pec minor will become more activated. We have included a few exercises like this in our best cable chest exercises, as having a strong pectoralis minor means you have greater shoulder and scapular stability, and thus are more injury resilient when performing any pushing exercise. Serratus Anterior: While your serratus anterior is not part of your chest, it plays an important role in chest exercises, especially cable chest exercises as your shoulder blades will not always be set to a bench, therefore allowing you to have more scapular movement. Your serratus anterior is the saw like muscle under your armpit and near the bottom side of your chest. If you have low body fat, it will show. The serratus anterior is responsible for pulling the scapula forward around your thorax, which means it is active anytime you bring your arms forward. It is also activated during overhead movements. If you want to learn more, check out our favorite serratus anterior exercises, but we won't go in-depth here, just note that many cable chest exercises will also target this muscle because they involve scapula protraction. Front Delt: Your front delt is responsible for shoulder flexion, just like the upper head of your chest. So, anytime your upper chest is working, your front delt is too. Essentially, all chest exercises work the front delt to some degree. The more shoulder flexion, the higher your front delt (and upper chest) activation will be. The point is, your front delt will also be working during the upcoming cable chest exercises. Related: 19 Best Front Delt Exercises All in all, this should give you a good idea of how your pecs and the surrounding muscles and why changing angles and body positioning is important for full development and strength of your chest. BENEFITS OF CABLE CHEST EXERCISES: Although we briefly covered the main benefits of using a cable machine for chest exercises above, let's dig in a little deeper... Here are the main benefits of using cables for chest work: 1. Extremely Versatile With the cable crossover machine, you can easily play around with training variables like angles (load positioning) and body positioning. This allows you to target each area of your chest effectively (it's a big muscle), stress your muscles differently, and build strength through all planes of motion. Not to mention, you can keep workouts fresh, fun and challenging. Let's go over the two main variables for cable chest exercises so you will see why we have so many cable exercises for chest... Loading Angle: The cable towers enable you to set the angle at any point from the top to bottom. With that, you are changing the direction of the load and can alter your path of motion. This means you can hit your muscles differently even with the same type of movement. For example, you could do a cable fly with the cable angled from above (a high to low fly) to hit your lower chest or angled below (a low to high fly) to hit your upper chest. The ability to change the angles alone gives you so much to play with, but you also have other training variables that you can alter and further increase variety. Body Positioning: You can easily alter your body positioning when using cables as well: Standing (bilateral, staggered stance, split stance) Kneeling (half-kneeling, tall-kneeling) Sitting (bench, stability ball) Lying (bench, stability ball) With standing positions and an adjustable bench, you can also change things up further, such as bent over flys, incline press/fly, decline press/fly. Moreover, you can change where your body is in relation to the cable machine. Standing directly in front of the machine versus out in front of the machine will also change up the dynamics. Altogether, you can target your chest in so many different ways to ensure each and every muscle fiber of your pec major (upper, lower, middle, inner) is activated adequately. With the combinations of all these variables, you can see why there are so many different cable chest exercises and how you can get a very well-rounded chest and chest development with just cables alone. 2. Weight Load & Tension In regards to the actual load, the cable machine is unique in two ways. First of all, it's super easy to change up the weight. All you have to do is pull and plug a pin into the appropriate weight stack for the exercise at hand. Secondly, the tension is different from that of a dumbbell, barbell or any other free weight. This is because cable machines provide a flat resistance curve, rather than an ascending or descending strength curve. In other words, with cable exercises, there is constant tension. So, a cable fly or press will be equally as hard at the top of the range as it is in the bottom of the range, whereas with dumbbells, it is hardest in the stretched position. Overall, this is ideal for hypertrophy goals, as it provides your muscles with more time under tension, which fatigues the muscles faster. This is why the cable machine is so popular among bodybuilders when doing isolation work. 3. Independent Arm Movement Cable chest exercises will have your arms working independently of each other. This ensures that you are not favoring one side more than the other, which ultimately helps you iron out any muscle imbalances and asymmetries. 4. Controlled Range of Motion By changing where your body is positioned and where the cable is angled, you can control the range of motion to be less or more. This is ideal if you want to work on certain ranges of motion or if you have some limitations. Another point to controlled range of motion is the way you move with cables. Cables promote smooth, controlled movements. It's not like a barbell or dumbbell where you can get sloppy with jerky movements. 5. Efficiency Cable machines make workouts more efficient. You can go from one chest exercise to the next, quickly alter training variables, and change the weight load in a matter of seconds. 6. Safe Comparing to barbells, cable machines are a safer option. Not only are they easier on the joints (shoulders, elbows and wrists), for the most part, you can also easily ball from any exercise. With that, you can train to failure with cable machines and really get the most hypertrophy and strength benefits possible. All in all, cable machines are a versatile, effective, and efficient option for training the chest. We highly recommend that you incorporate some cable chest exercises into your routine. It's a fantastic way to isolate the pecs for size and strength. Note: Cable exercises are also great for beginners as it requires less technique on form than a bench press with a barbell or even dumbbells. This makes cable chest exercises great for beginners who have trouble with conventional barbell lift form, as well as more advanced athletes who simply want to really hone in on pec isolation. HOW DO YOU WORK OUT YOUR CHEST WITH CABLES? The two main chest exercises you are going to do with cables are presses and flys. However, there are many variations for both cable presses and cable flys. Cable Press Variations: Standing Chest Press Standing Chest Press (High to Low) Standing Chest Press (Low to High) Standing Alternating Chest Press Standing Single Arm Chest Press Standing Single Arm Chest Press with Rotation Kneeling/Half-Kneeling Chest Press Kneeling/Half-Kneeling Chest Press (High to Low) Kneeling/Half-Kneeling Chest Press (Low to High) Lying Chest Press (bench needed) Incline Chest Press (bench needed) Decline Lying Chest Press (bench needed) Decline Lying Chest Press (bench needed) Stability Ball Chest Press Cable Fly Variations: Standing Fly (Middle) Standing Fly (High to Low) Standing Fly (Low to High) Standing Fly (High Anchor, High Fly - Upper Chest) Standing Fly (Low Anchor, Low Fly - Lower Chest) Lying Chest Press (bench needed) Incline Chest Press (bench needed) Decline Lying Chest Press (bench needed) Decline Lying Chest Press (bench needed) Stability Ball Chest Press Cable Fly Variations: Standing Fly (Middle) Standing Fly (High to Low) Standing Fly (Low to High) Standing Fly (High Anchor, High Fly - 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this exercise is a little bit more challenging, it can be a useful tool for advanced lifters who have hit a plateau. Position the cable at chest height, attach d-handles, and select a suitable weight. Stand sideways to the cable machine, feet shoulder-width apart for stability. Grasp the handle with the hand closest to the machine. Press the handle forward until your arm is fully extended, focusing on engaging your chest muscles. Pause briefly at full extension, squeezing the chest muscles. Bring the handles back to the starting position slowly. Do however many reps and sets you're aiming for before switching to the other arm and repeating the steps above for it. Cable machine exercises can be tricky, so check out this instructional video which shows you the optimal way to perform the one-arm cable chest press: How to do the Single Arm Cable Chest Press for Crazy Chest Pumps Cable machines, like those used for cable chest workouts, are powerful tools for building strength and muscle. In fact, they're one of the best gym machines for the chest. Still not convinced? Here are five key benefits: Safety is important for both beginners and pros. Luckily, cable exercises are less likely to be executed with poor form compared to free weights, reducing the risk of injury. They give you a controlled environment to execute movements accurately. Cable machines are the chameleons of the gym, adapting to a wide variety of exercises as needed. This is a huge bonus when it comes to ensuring your training is targeted. Whether it's standing cable chest presses or the lying cable pullover, these machines offer a variety of options to work different muscle groups with precision. Unlike free weights, cable machines maintain constant tension throughout the exercise, ensuring your muscles are engaged at all times. This is a good thing as studies have indicated that greater time under tension leads to higher levels of muscle protein synthesis. These machines typically, or can be adjusted to, mimic real-life movement patterns which can help enhance functional strength. Apart from chest pressing, these machines are excellent for exercises involving lunging, squatting, and twisting, in turn improving balance and coordination. Cable pulley machines are a lot gentler on your joints. They take the stress off the stabilizing muscles and joints that you'll normally use during compound barbell movements. The chest isn't just about looking good; there's a lot more to it than you might think. You'll find a few muscles that work together to give you that powerful upper body strength and to help with a variety of upper body movements. Here's a closer look at the pectoral muscles... As the name suggests, the pectoralis major is the main attraction. It's a large fan-shaped muscle that spans across the chest, starting from the sternum and clavicle, and then inserting into the humerus. It's responsible for movements like flexing and rotating the arm. When you're bench pressing, it's the pectoralis major, doing the heavy lifting. The pectoralis minor can be found underneath the pectoralis major. It's a smaller muscle but it plays an important role in movements like scapular depression and protraction, as it extends from the ribs to the scapula. Think of it as the unsung hero that stabilizes your shoulder blades during those intense cable workout sessions. Last but not least, we have the serratus anterior. This muscle attaches from the upper ribs to the scapula. It's vital for the upward rotation of the arm and helps maintain a strong posture. When you're doing cable flies, the serratus anterior is working with your pecs for that perfect motion. Start to familiarize yourself with these muscles. Trust us, it'll help you a lot when it comes to targeting your workouts more effectively. How often should chest be trained? Like a well-oiled machine, your muscles (chest, in this case) need regular tuning, but not excessively. According to studies, hitting your chest twice a week is the sweet spot for allowing your chest enough time to recover and grow. So, your chest will be challenged but still get a well-deserved rest. Are cable chest exercises effective? Definitely! Cable chest exercises are kind of like the Swiss Army Knife of your workout routine: versatile and effective. They offer an area of motion that barbells can't replicate and keep your muscles under constant tension, which helps with growth. Plus, cable chest exercises are usually safer for beginners, as their fixed paths reduce the risk of injury. Are cables better than dumbbells for chest? Cables vs dumbbells is like comparing apples and oranges - both have unique benefits. A cable chest workout provides constant tension and a greater range of motion, targeting specific muscle groups. Dumbbells, on the other hand, are the go-to for activating stabilizer muscles, offering a more versatile workout experience. Is there an ideal rep range for chest training? Most would agree that the ideal rep range for chest training would be 6-12 reps, as it's not too heavy or too light for accumulating volume effectively. It also balances tension on the muscles with manageable joint stress and metabolic fatigue. But, it's still important to see how your body responds to different rep ranges, in line with your goals. What intensity is optimal for chest hypertrophy? According to research, if hypertrophy is your objective, then a moderate rep scheme with moderate loads (8 to 12 reps per set with 60-80% of your 1-rep max) optimizes hypertrophic gains. Remember that although training is important, diet also plays a very important role in maximizing muscle growth. Kyle Risley founded Lift Vault in 2016 to make finding great powerlifting programs easier. Since then, the site has grown to include hundreds of programs for strength, bodybuilding, Olympic weightlifting, and more. He currently lives in Massachusetts and continues to compete in powerlifting.

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