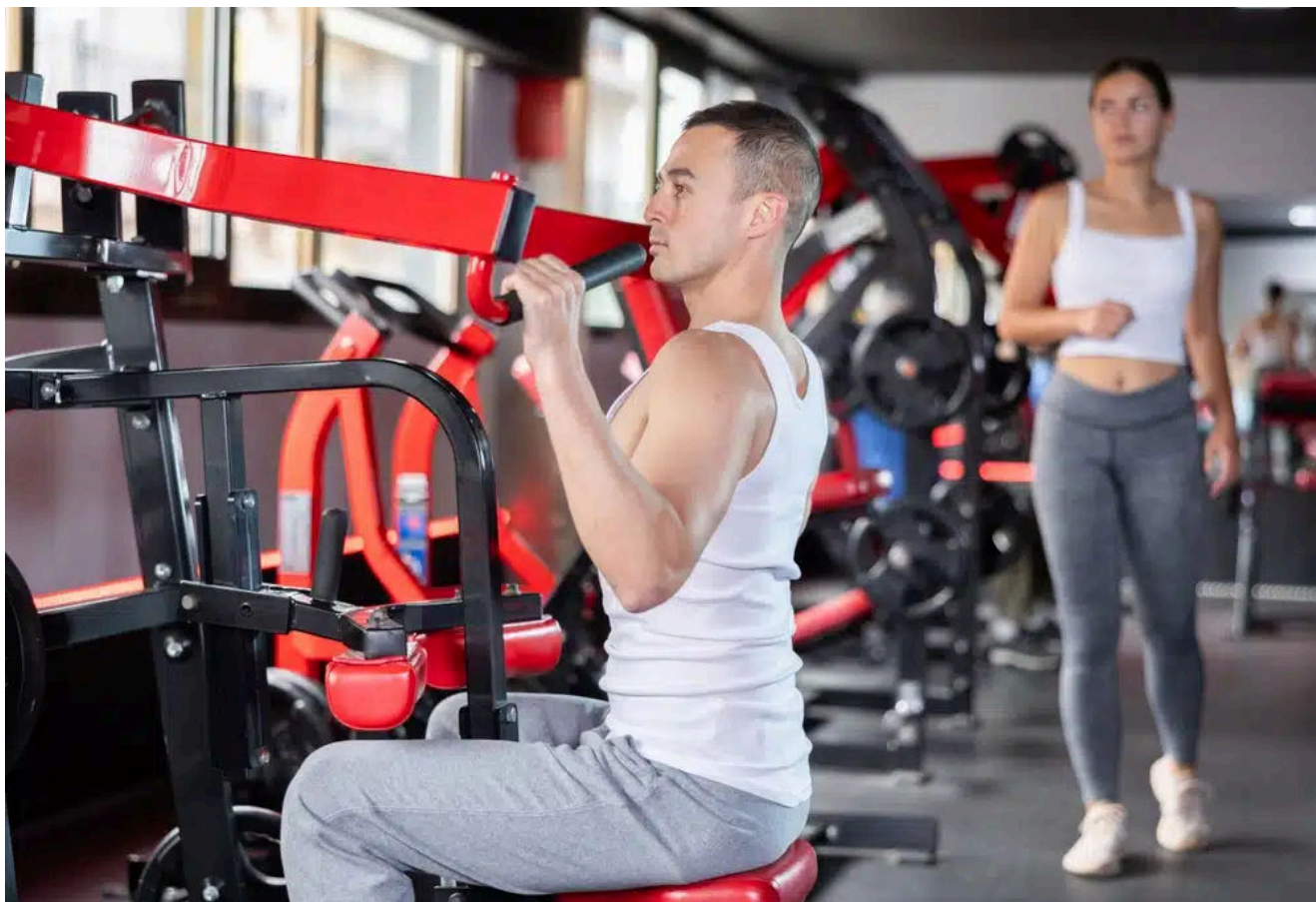


# 13 Effective Chest Tricep Workouts

Hey, all the gym enthusiasts out there, are you Ready to carve out a powerful chest and sculpted triceps that turn heads? Your journey to a stronger, more defined upper body starts here! Imagine the power of a well-rounded chest combined with the sculpted definition of toned triceps. It's not just about aesthetics but also about boosting your overall performance in the gym. In this guide, we'll dive into 13 chest tricep workout designed to target your chest and triceps, helping you unlock the full potential of your upper body strength. Get ready to push your limits and redefine your workout routine!



## 1. Incline Dumbbell Press

The incline dumbbell press is a cornerstone of any chest and tricep workout. This exercise targets the pectoralis major and **pectoralis minor**, emphasizing the upper chest.

Starting position: Sit on an incline bench, holding a dumbbell in each hand at shoulder level.

Press the dumbbells upward, fully extending your arms before slowly lowering them back to the starting position.

This exercise not only strengthens the chest but also engages the long head of the triceps, contributing to overall muscle growth in your upper arm.

## 2. Close-Grip Bench Press

The close-grip bench press is an excellent chest and tricep exercise that emphasizes the triceps brachii while still working the chest muscles.

Starting position: Lie on a flat bench, gripping the barbell with your hands placed closer than shoulder-width apart.

Lower the barbell to your chest, keeping your elbows close to your body, then press it back up. This movement is a powerful triceps exercise that also targets the pectoralis major.

## 3. Dumbbell Chest Flyes

Dumbbell chest flyes are great for isolating the chest muscles and enhancing the stretch of the pectoralis major.

Starting position: Lie on a flat bench with a dumbbell in each hand, arms extended above your chest.

Lower the dumbbells out to your sides, keeping a slight bend in your elbows, then bring them back together at the top. This exercise not only works the chest but also requires stability from the serratus anterior and triceps brachii.



## 4. Push-Ups

Push-ups are a classic compound exercise that engages multiple muscle groups in the upper body.

Starting position: Place your hands slightly wider than shoulder-width apart on the floor, with your body in a straight line from head to heels.

Lower your body until your chest nearly touches the floor, then push back up to the starting position. This chest and tricep workout is excellent for building muscle mass in the pectoralis major, pectoralis minor, and triceps brachii.

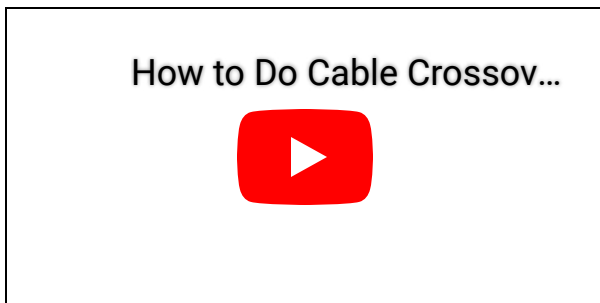
## 5. Triceps Dips

Triceps dips are a bodyweight exercise that targets the triceps brachii and also involves the pectoralis major and pectoralis minor.

Starting position: Place your hands on the edge of a bench or parallel bars, with your legs extended in front of you.

Lower your body by bending your elbows until your upper arms are parallel to the floor, then push back up. This exercise is one of the best for training your chest and triceps simultaneously.

## 6. Cable Crossovers



Cable crossovers are a versatile chest exercise that targets the pectoralis major and pectoralis minor while engaging the serratus anterior.

Starting position: Stand between two cable machines, holding the handles with your arms extended.

Pull the handles together in front of your body, squeezing your chest at the end of the movement.

This exercise also activates the triceps brachii, making it a great addition to any chest and tricep workout.

## 7. Skull Crushers (Lying Triceps Extensions)

Skull crushers, or lying triceps extensions, are a fantastic way to isolate the triceps brachii.

Starting position: Lie on a flat bench with a barbell or EZ curl bar, holding it with your arms fully extended above your head.

Lower the bar toward your forehead by bending your elbows, then extend your arms back to the starting position. This exercise focuses on the long head of the triceps, contributing to overall muscle growth in the upper arm.



## 8. Decline Bench Press

The decline bench press is an effective chest exercise that targets the lower portion of the pectoralis major.

Starting position: Lie on a decline bench with a barbell, holding it above your chest with your arms fully extended.

Lower the bar to your chest, then press it back up to the starting position. This exercise also engages the triceps brachii, making it a great addition to any chest and tricep workout.

## 9. Overhead Triceps Extension

The overhead triceps extension is an excellent exercise for targeting the long head of the triceps brachii.

Starting position: Stand with your feet shoulder-width apart, holding a dumbbell with both hands above your head.

Lower the dumbbell behind your head by bending your elbows, then extend your arms back to the starting position. This exercise is essential for building muscle mass in the upper arm.

## **10. Chest Press Machine**

The chest press machine is a safe and effective way to target the pectoralis major and pectoralis minor.

Starting position: Sit on the machine with your back against the pad, gripping the handles at chest level.

Press the handles forward until your arms are fully extended, then return to the starting position. This machine-based exercise is perfect for beginners and allows you to focus on muscle growth without worrying about balancing free weights.



## 11. Diamond Push-Ups

Diamond push-ups are a challenging variation of the traditional push-ups, emphasizing the triceps brachii.

Starting position: Place your hands close together under your chest, forming a diamond shape with your thumbs and index fingers.

Lower your body until your chest nearly touches your hands, then push back up to the starting position. This exercise also targets the pectoralis major, making it an effective part of any chest and tricep workout.

## 12. Dumbbell Pullover

The dumbbell pullover is a unique chest exercise that also engages the serratus anterior and triceps brachii.

Starting position: Lie on a flat bench with your upper back and shoulders supported, holding a dumbbell with both hands above your chest.

Lower the dumbbell behind your head in an arc, then pull it back to the starting position. This exercise is great for stretching and strengthening the pectoralis major and pectoralis minor.

## **13. Cable Triceps Pushdown**

The cable triceps pushdown is a staple triceps exercise that effectively targets the triceps brachii.

Starting position: Stand in front of a cable machine with a straight bar attached, gripping the bar with your palms facing down.

Push the bar down by extending your elbows, then slowly return to the starting position. This exercise is perfect for isolating the triceps and can be performed at the end of your chest and tricep workout for a great pump.

## **Putting It All Together – Crafting the Best Chest and Tricep Workout**





To maximize the effectiveness of these exercises, it's important to structure your chest and triceps workout properly. Here's a sample routine that incorporates the exercises listed above:

## **Warm-Up**

5-10 minutes of light cardio

Dynamic stretches focusing on the shoulder blades, chest, and triceps

## **Workout**

Incline Dumbbell Press – 4 sets of 8-10 reps

Close-Grip Bench Press – 4 sets of 8-10 reps

Dumbbell Chest Flyes – 3 sets of 10-12 reps

Push-Ups – 3 sets to failure

Triceps Dips – 4 sets of 8-10 reps

Cable Crossovers – 3 sets of 12-15 reps

Skull Crushers (Lying Triceps Extensions) – 4 sets of 8-10 reps

Decline Bench Press – 3 sets of 8-10 reps

Overhead Triceps Extension – 3 sets of 10-12 reps

Chest Press Machine – 3 sets of 10-12 reps

Diamond Push-Ups – 3 sets to failure

Dumbbell Pullover – 3 sets of 10-12 reps

Cable Triceps Pushdown – 4 sets of 12-15 reps

## **Cool-Down**

5-10 minutes of stretching, focusing on the chest, triceps, and shoulder blades.

## **Conclusion**

Incorporating various exercises into your chest and tricep workout is key to achieving balanced muscle development and strength. From compound movements like the incline dumbbell press and close-grip bench press to isolation exercises such as dumbbell chest flies and cable triceps pushdowns, this routine effectively targets both the chest and triceps. By following the sample workout, you'll engage the pectoralis major, pectoralis minor, and triceps brachii from different angles, ensuring comprehensive muscle activation. Consistency, proper form, and gradual weight progression will help you build a powerful upper body and enhance your overall fitness.

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