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**Strength Chest and Back  
Program for Chris Brown  
Trainer : David Price**

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**Introduction****Warm Up**

Suprisingly keep it the same

**Summary Of Program**

Activity	Type	Sets	Reps	Duration	Tempo	Intensity	Rest
Chest Press - 1 Arm Elbow Drive Rotation	Exercise	3	12,8	N/A	2 up, pause, 2 down	You shouldn't be able to do one more	90 secs
Body Weight Pull Ups	Exercise	3	12,8	N/A	2 up, pause, 2 down	You shouldn't be able to do one more	90 secs
Chest Press - Incline Dumbbell	Exercise	3	12,8	N/A	2 up, pause, 2 down	You shouldn't be able to do one more	90 secs
Row - Bent Over With Barbell (Alt Arm)	Exercise	3	12,8	N/A	2 up, pause, 2 down	You shouldn't be able to do one more	90 secs
Push Up - Hands on SB (1 Leg)	Exercise	3	12,8	N/A	2 up, pause, 2 down	You shouldn't be able to do one more	90 secs
Row - Seated Cable	Exercise	3	12,8	N/A	2 up, pause, 2 down	You shouldn't be able to do one more	90 secs
Prone Knee Roll in on SB	Exercise	3	12	N/A	2up, pause 2down		90secs

**Cool Down**

Stretch all major muscle groups make sure to do the legs also particulary hip flexor, quads and hams.

## CHEST PRESS - 1 ARM ELBOW DRIVE ROTATION

**Reps :** 12,8      **Sets :** 3      **Intensity :** You shouldn't be able to do one more  
**Tempo :** 2 up, pause, 2 down      **Rest :** 90 secs

### Preparation :

- Maintain good stability through the abdominal complex.
- Initiate a thorough dynamic warm up prior to starting this exercise, this engages the nervous system.

### Movement :

- This exercise involves a supine lateral roll on the SB while performing a 1 arm DB press and elbow drive into the SB
- Start with light weight (20% of normal SB chest press weight is recommended)
- With one arm weighted, feet wide, and hips extended to neutral - start by rolling the ball to one side
- IMPORTANT: only start with a VERY small side roll
- As the ball rolls away from the weighted side, press the weight up towards the ceiling and simultaneously drive the elbow into the ball
- Roll the ball back underneath the body and repeat to the same side
- Pay close attention to the video link to observe the fluidity of this motion



## BODY WEIGHT PULL UPS

**Reps :** 12,8      **Sets :** 3      **Intensity :** You shouldn't be able to do one more  
**Tempo :** 2 up, pause, 2 down      **Rest :** 90 secs

### Preparation :

- Place hands on pull-up bar with palms facing forward.
- Your grip width should be at least shoulder width apart with entire body hanging straight down.

### Movement :

- From the start position, draw your belly button inward toward your spine.
- Maintaining optimum spinal alignment, in a controlled manner, pull your body upward. The shoulder blades should move downward and in while the arms follow.
- Only move as far as you can control core stability and return to the start position.
- The return motion must include shoulder girdle upward rotation and elevation under CONTROL. Note: The return motion should be stopped just before the muscles relax.
- Do not allow head to "jet" forward.
- Relax arms as much as possible, placing the emphasis on back muscles.
- Do not round back!
- Common mistakes to avoid: Raising the legs to help start the pulling motion, rotating the shoulders forward, hunching up the shoulders by the ears (indicating possible weakness in lower-mid shoulder girdle musculature), arching low back and rocking body.



**Notes :** Use the Gravitron machine and switch your grip from over hand wide to underhand wide.

### CHEST PRESS - INCLINE DUMBBELL

**Reps :** 12,8      **Sets :** 3      **Intensity :** You shouldn't be able to do one more  
**Tempo :** 2 up, pause, 2 down      **Rest :** 90 secs

#### Preparation :

- Lie on bench with your feet straight and flat on the ground.
- With arms fully extended, position the dumbbells over the lower part of the shoulders (not the head).

#### Movement :

- From the start position, draw your belly button inward toward your spine.
- Slowly, lower your elbows out and down, maintaining wrist position over the elbows.
- Continue to lower the weight until your upper arms are level with the shoulders.
- To return, move your elbows up and in toward the center. This will create a triangular motion.
- Wrist should maintain a neutral position. Keep the dumbbells over the wrists throughout the entire exercise.
- Maintain proper posture, as the weight is lowered. **DO NOT** allow the head to "jut" forward.



### ROW - BENT OVER WITH BARBELL (ALT ARM)

**Reps :** 12,8      **Sets :** 3      **Intensity :** You shouldn't be able to do one more  
**Tempo :** 2 up, pause, 2 down      **Rest :** 90 secs

#### Preparation :

- Stand with feet shoulder width apart over the bar, flex at the hip and slightly at the knees.
- Take a grip width that allows the forearms to be perpendicular to the bar when the elbows are flexed at 90 degrees.
- Maintain neutral spine and head position.

#### Movement :

- Assume a 60-45 degree bent-over position (commonly known as a functional stance).
- Maintaining optimal posture, pull the bar toward your chest (focus on retraction of scapulae). Focus on generating movement from your core instead of just pulling with your arms.
- Return to the start position and repeat movement.
- Lower bar at desired REP TEMPO.

#### Progression Considerations :

- Assume a 60-45 degree bent-over position (commonly known as a functional stance).
- Perform the exercise with dumbbells and alternating arm movements for heightened neuromuscular demand.
- Maintaining optimal posture, pull the dumbbells toward your chest (focus on retraction of scapulae). Focus on generating movement from your core instead of just pulling with your arms.
- Return to the start position and repeat movement.
- Lower dumbbells at desired REP TEMPO.

**Notes :** Rotate the body when lifting the weight this will work the abs harder.



**PUSH UP - HANDS ON SB (1 LEG)**

**Reps :** 12,8      **Sets :** 3      **Intensity :** You shouldn't be able to do one more  
**Tempo :** 2 up, pause, 2 down      **Rest :** 90 secs

**Preparation :**

- Start by lying face down on the ball.
- Slowly roll forward leaving shins on the ball and place hands in a comfortable position on the floor.
- Lift your hips up until they are in line with your knees and shoulders.

**Movement :**

- Brace the spine by contracting the abdominal wall.
- Squeeze the glutes.
- Perform push up while maintaining back stability (do not allow low back to sag).
- Perform repetitions SLOWLY (4-2-2) to enhance stabilization strength.
- Only move as far as you can maintain balance and core stability.
- Do not allow knees to "jet" forward.
- The pelvis should remain stable throughout the entire exercise.
- Maintain glute activity throughout the entire exercise.

**Progression Considerations :**

- Brace the spine by contracting the abdominal wall.
- Squeeze the glutes and place the hands shoulder width apart on the stability ball.
- Stabilize on 1 leg.
- Perform push up while maintaining back stability (do not allow low back to sag).
- Perform repetitions SLOWLY (4-2-2) to enhance stabilization strength.
- Only move as far as you can maintain balance and core stability.
- Do not allow knees to "jet" forward.
- The pelvis should remain stable throughout the entire exercise.
- Maintain glute activity throughout the entire exercise.

**ROW - SEATED CABLE**

**Reps :** 12,8      **Sets :** 3      **Intensity :** You shouldn't be able to do one more  
**Tempo :** 2 up, pause, 2 down      **Rest :** 90 secs

**Preparation :**

- In proper alignment it in the machine and make any adjustments necessary to fit your body.
- Hold the bar with arms extended at the chest level.

**Movement :**

- Draw your abdomen inward toward the spine.
- Row the bar by flexing your elbows and bringing the thumbs towards armpits while retracting and depressing your shoulder blades.
- Avoid letting your back arch and/or head to jut forward.
- Hold and then slowly return the arms to original position by extending the elbows.



**PRONE KNEE ROLL IN ON SB**

**Reps :** 12                   **Sets :** 3           **Intensity :**  
**Tempo :** 2up, pause 2down   **Rest :** 90secs

**Preparation :**

- Lie prone on the ground, hands are slightly wider than shoulder width and spine angles are 'neutral'.
- Place shins on the stability ball.
- Activate core with a drawing in and pelvic floor contraction.

**Movement :**

- With your arms extended, perform a stability ball roll – in crunch by bring your knees to your chest.
- Bring your legs back into triple extension (at hip, knee, and ankle).
- AVOID letting your back sag by keeping the core engaged and activating the glutes and lats.

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