

Chest - Exercise Guide for a Killer Cleavage!



Summer 2007

Well, given that I don't have a cleavage - that is a great one. Unfortunately this area gives in quickly when losing weight and getting older doesn't help either. So far not a lot of people know my way of cheating.

I once had a chat with a friend who is in her late 20s about aging and the way things tend to go south. She was astonished that I claimed this to be something I have experience in. So I told her that what she saw was not the usual material that nature uses to form a cleavage, but muscle. When she still wouldn't believe me I made her touch - and she shrieked back...

So whether you are a flat chested chicken or a chick come to age, a bit of muscle in that particular area does work wonders, the rest is ... to use Trinny's way of putting it (she is the flat chested chick from [T&S](#)) ... the rest is to be done by 'gather and thrust'.

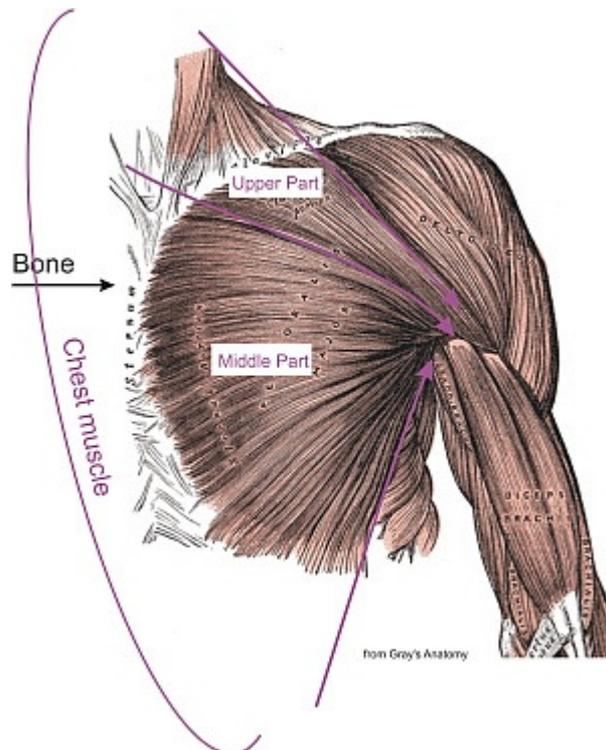
The chest muscle (pectoralis) is a big one consisting of several parts - thus it needs more than one exercise to train it properly.

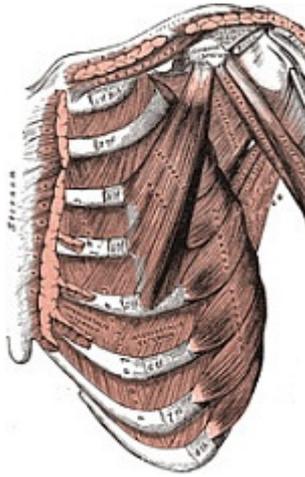
This is a left chest muscle, shoulder and upper arm of someone who would be standing facing you.

The bony bit can't change, so it will stay flat. However, when the muscle grows and becomes a bit bulky it is as if you would pump up a flat cushion under the skin and thus creating a cleavage.

The middle part of the muscle is big and needs a lot of weight to respond well, the upper part is small and only can carry less weight.

There is a small lower part which is lying underneath the middle part, as shown in the picture below.





I don't train it as it is hidden away and only needs special attention if you wanted to go on stage.

The diagonal bits next to it which are attached to the ribs and the back and which point towards the upper arm are called serratus anterior muscles. They are rather important. They are working as connectors between front and back and enable smooth movement and give a balanced appearance.

And the exercise used to train them looks just too cool to miss out on.

These pictures shows nicely how closely the chest is connected with the shoulders. This will become important when establishing a training schedule.

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For the chest there are loads and loads of exercises, what is good as it keeps the training interesting, but it is a bit confusing as well. So I will cut down to only four in this place. They are the ones I love doing and which work best for me.

I like to distinguish between training the main muscle and exercises which work as a combination between chest, shoulders, arms and neck. The shoulder is one of the most sophisticated joints and all those muscles meet there. So it is fair enough to have exercises which makes them work together, despite the fact that usually the aim in Bodybuilding is to isolate muscles in an exercise as much as possible. This for me is the big exception.

Exercises for training the main muscle - get the cleavage

- Bench press (middle part pectoralis)
- Incline bench press (upper part pectoralis)

Exercises for bringing it all together

- Cable fly (mainly chest, neck, front shoulder, bit of biceps)
- Pull over (mainly serratus, a bit neck and triceps)

Numbers, Numbers, and a few things more!

It's time to get started now. So here is the number of sets and repetitions and whatever else you need to know.

Muscle size:	<ul style="list-style-type: none"> • Pectoralis middle part: big • Pectoralis upper part: small • Serratus and other connecting muscles: small
Number of exercises:	4 <ol style="list-style-type: none"> 1. Bench press 2. Incline bench press 3. Cable fly 4. Pull over
Order:	Work from big to small muscles, meaning in the above order.
Importance:	High: for 1 and 2 If you are short of time or a station is occupied then you can do either cable fly or pull over. They tackle about the same muscles from a different angle and put the focus a bit differently. You can as well alternate between sessions.
Number of sets:	These differ with each exercise and will be listed in the exercise description. If in doubt stick with the Three/12 Rule .
Number of repetitions:	These differ with each exercise and will be listed in the exercise description. If in doubt stick with the Three/12 Rule .
Duration:	45 min
Breathing:	weight up breath out weight down breath in
Progress:	This differs with each exercise and will be listed in the exercise description. If in doubt stick with the Three/12 Rule .
Train together with:	Back Arms
DON'T train with:	Shoulders