



# PHYSIQUE **ZERO**

**C H E S T**

BY ALAIN GONZALEZ

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**REQUIRED LEGAL DISCLAIMER:** Due to recent laws from the FTC, it is required that all companies identify what a “typical” result is. The truth is that most people never do anything when it comes to trying building muscle. They might buy a million products, including this one, but never do anything with the information they have in hand. The testimonials that you saw were of people who took action, followed a healthy lifestyle, exercised, and ate a balanced nutritional diet. If you want results like them, you should do this too.

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# P.ROGRESSIVE T.ENSION O.VERLOAD

IF YOU HAVE EVER HEARD SOMEONE SAY “CHANGE UP YOUR PROGRAM SO YOUR MUSCLES DON'T ADAPT”, THEN I HIGHLY ADVISE THAT YOU RECONSIDER ANY OF THEIR FITNESS ADVICE. You see, it is an irrefutable fact that muscle building is 100% based on adaptation. If you don't adapt, you don't grow, period.

**Here is how it works (in Layman's terms):** You start a workout routine that stimulates the muscle. This is new stimulus to the muscle and therefore your body forces itself to adapt to the stimulus by creating bigger and/or stronger muscles in order to perform the given activity again. When, *and only when*, your body adapts to a specific stimulus, the muscle will grow.

**FACT:** Your muscle does not know how much weight you are lifting and it can't differentiate between different exercises of the same movement. Your muscles ONLY understand tension.

Instead of “switching it up” with new exercises that we haven't introduced, we should solely be focused on creating more tension, slowly, in order to ensure adaptation.

## ADAPTING TO NEW STIMULUS

In order to increase tension progressively to ensure muscle adaptation, we must continue to progress.

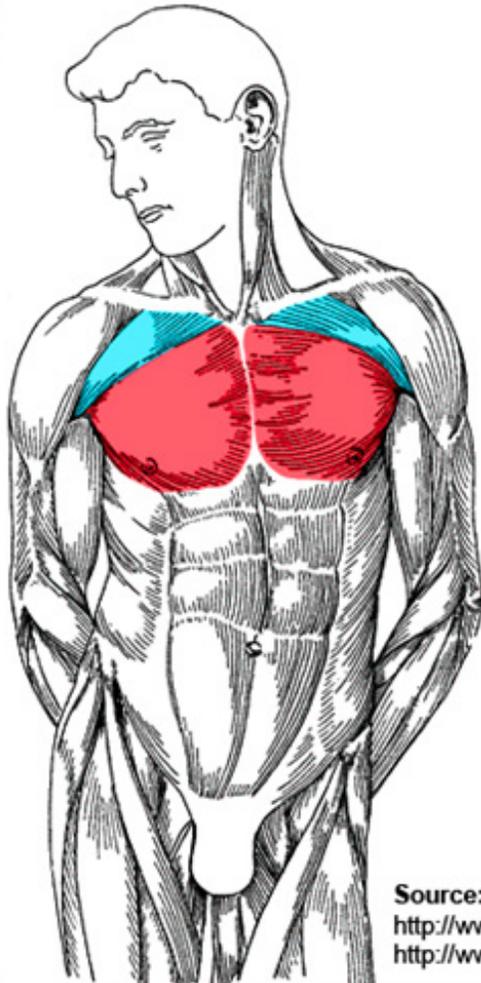
## PROGRESS CAN BE MADE BY...

- Increasing the reps without sacrificing sets
- Adding a set\*
- Increasing the TUT without sacrificing reps
- Increasing training density
- Increasing volume through bodyweight amplifiers (i.e. rest pause sets, isometrics, etc.)

**IMMEDIATE ACTION:** If anything you just read makes sense to you, then I advise that your first step before starting this journey to bigger pecs be to get yourself a workout journal/log/book.

Guessing your total workload or not coming into a workout prepared to outperform your last performance is a sure way to fail. On the other hand, walking into a workout with a clear goal is a fail proof approach.

# UNDERSTANDING THE FUNCTION OF THE CHEST



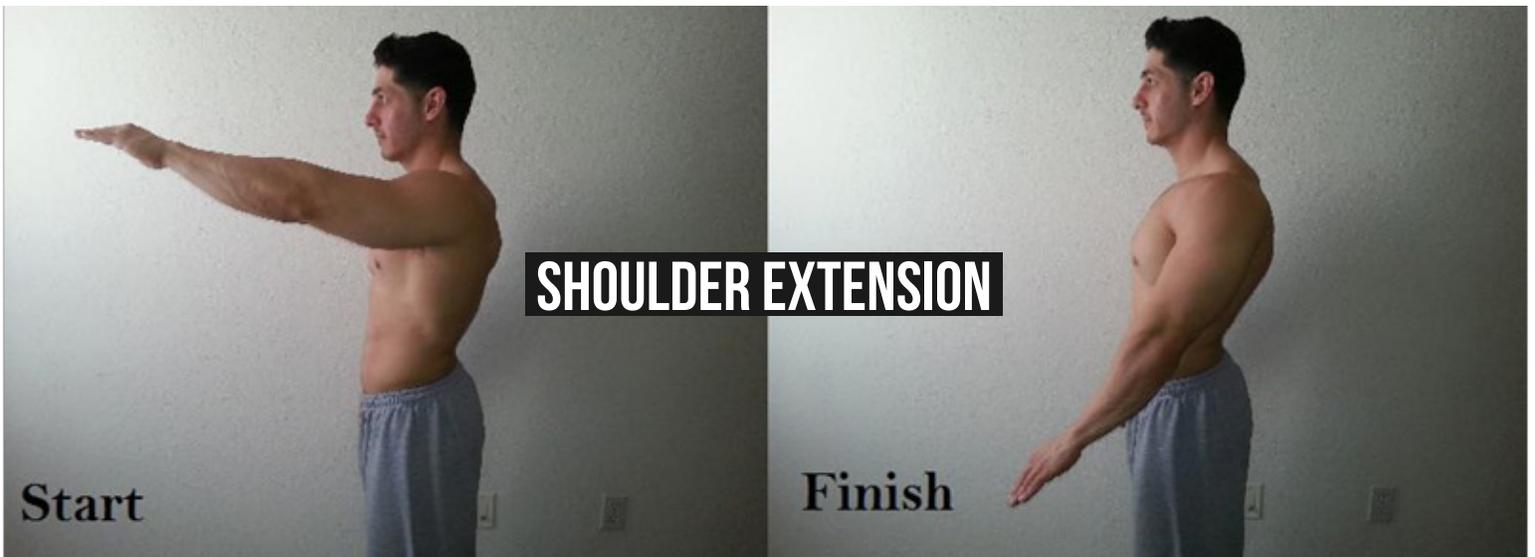
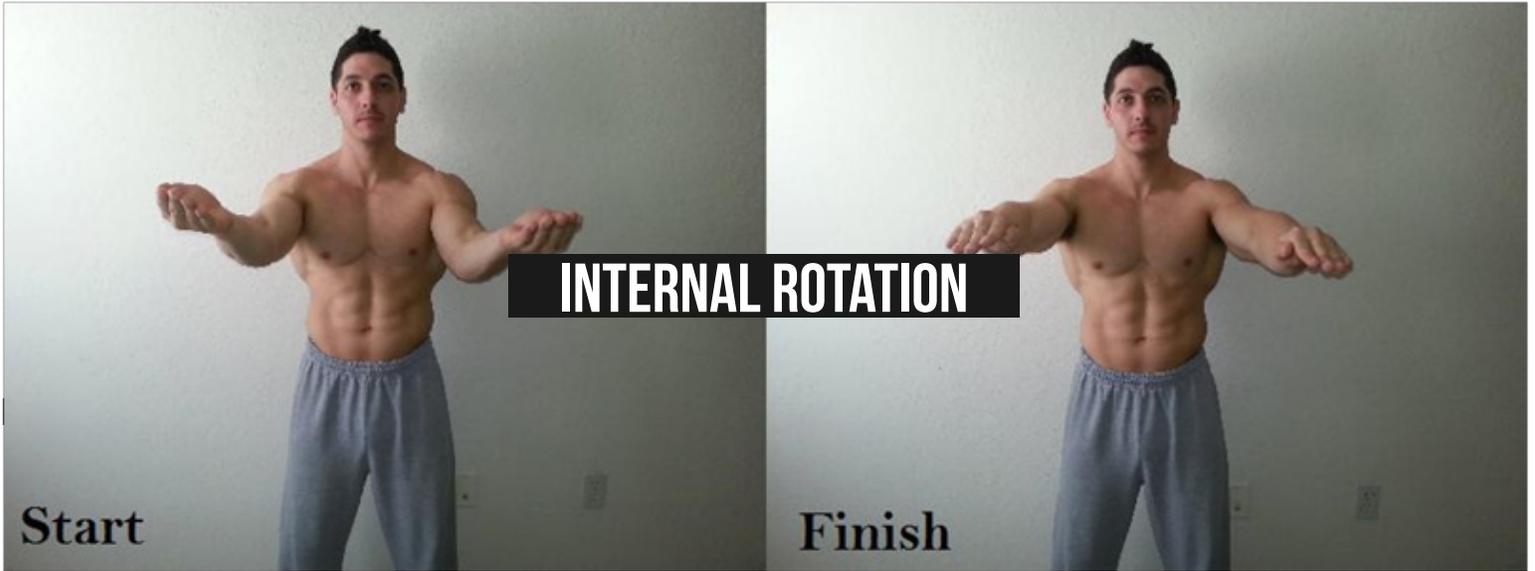
-  Clavicular Head
-  Sternal Head

MUSCLE	FUNCTION
Clavicular Head (Upper-Chest)	Horizontal Adduction Internal Rotation Shoulder Flexion
Sternal Head (Pec Major)	Horizontal Adduction Internal Rotation Shoulder Extension

Source:  
<http://www.exrx.net/Muscles/PectoralisClavicular.html>  
<http://www.exrx.net/Muscles/PectoralisSternal.html>

## HORIZONTAL ADDUCTION







# THE NEGATIVE

Most lifters often believe that lifting the weight is the only portion of the exercise that exists. They believe that the contraction is the only portion of the range that matters. But lifting the weight is only *half* of a complete ROM. The negative (eccentric) portion of the exercise has actually been proven to be *more* beneficial toward overall muscle gains.

With any exercise, it is true that we are able to lower (in a controlled fashion) a larger amount of weight in an eccentric movement than we can lift in a positive contraction. This simply means that we can force our body to handle a heavier workload and thus increase muscular stimulus dramatically by simply focusing on the negative or eccentric portion of the lift.

In regards to bodyweight training, this becomes even more critical since increasing the workload in a traditional fashion is out of the question.

As you progress and become more proficient with certain movements, slow negatives should become a staple of your training. Not only will this increase the TUT, but controlling your body through space while the muscle fibers are more susceptible to damage is a sure-fire way to induce hypertrophy.

# THE **BIG** NUMBERS

## HOW MANY SETS?

Numerous studies have shown that there is no difference between performing 10 sets per muscle group and performing 20 sets per muscle group (*these numbers reflect larger muscle groups*). As long as you continue to increase the volume (as mentioned earlier), whether you train for 10 sets or you train for 20 sets, your body will continue to change. However, I am not going to leave you guessing and stressing about how many sets YOU will do. There is no need to make this process more complicated than it should be. The chest is a large muscle that needs a great deal of direct stimulus if we want to maximize growth muscle groups. With that being said, we will have to train them with a good deal of volume. But fear not, I've kept it very simple when designing the program.

**THE BIG NUMBER:** 12-16 SETS

## HOW MANY REPS?

The amount of reps you train with will determine the type of muscular hypertrophy you trigger. While a lower number of reps increase strength and/or density, a higher number will target more of the muscle cell size. In our case, strength, density, and size are all important. This is why we will be alternating the rep range we train with.

REP RANGE	STRENGTH	DENSITY	SIZE
1 to 3	XXXX		
4 to 6	XXX	XXX	
7 to 10	X	XX	XXX
11 to 15			XXXX

**THE BIG NUMBER:** (Rep range will vary from session to session: see workout details)

# HOW MUCH REST IN BETWEEN SETS?

The idea is to give your muscles just enough time (not too much, not too little) to replenish their energy stores to allow you to continue lifting strong. If you let them rest too long, the creatine phosphate and ATP Glycolysis energy systems will have replenished substantially. The aim is to continue to train the muscle before it has fully recovered. On days where you are lifting heavier, you'll need enough time to allow your muscles to replenish their energy stores without fully recovering. Thus it is better to rest longer in order for the nervous system to recover. **Because we will be training with bodyweight only, however, a longer rest period is not necessary since the intensity is low.**

**THE BIG NUMBER:** Rest 30-90 Seconds

**WHAT IS THE MOST OPTIMAL TIME UNDER TENSION?** (How long should the reps last?)

The proven optimal TUT for muscle growth (Time under tension) is around 40-70 seconds.

**THE BIG NUMBER: 40-70 SECONDS**

**Rep Tempos Vary (see the workout details)**



# TENSION INTENSIFYING

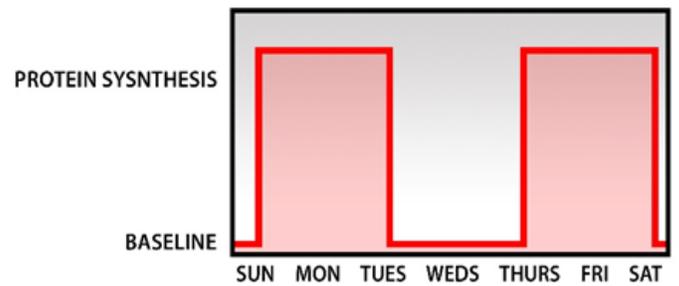
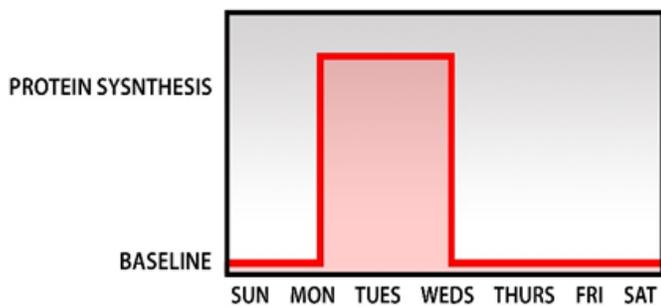
**STATIC STRETCHING:** Static stretching entails maintaining the stretch at the bottom for an extended period of time - preferably lasting 5-30 seconds.

For example, let's say that I am performing dips. When you reach the point where your pecs are fully lengthened, you'll hold that position for 5-30 seconds.

**STATIC HOLD:** During any given exercise, you will stop in the mid-range of the movement. You will then contract against the resistance, attempting to hold it motionless as long as possible. After the muscles are inroaded to the point where it is impossible to prevent the downward movement of the resistance, you will continue to contract against the resistance, performing the negative as slowly as possible.

# FREQUENCY

Although your muscles DO require an adequate amount of rest in order to grow, don't be fooled by the misinformation that has been spread around the fitness community. Most "experts" would say that you should only train a muscle group once per week. Others will argue that 2 times per week is the absolute max. Fact is, the more frequently you train a specific muscle group, the faster your body will adapt to the load and ultimately, the faster you will recover. However, this does not mean to train your chest 5 times per week for a year in order to build it. This simply means that when prioritizing a specific muscle group, it is totally fine (and crucial) that you increase the frequency.



**NOTE:** Larger muscle groups will require more rest than a smaller muscle group. Smaller muscle groups will recover much faster and thus can tolerate a higher frequency.

In our case, we are training the chest, a relatively large muscle group.

Training your chest 3x per week with 24-48 hours rest in between training sessions is NOT overkill....especially considering the fact that we are performing lower intensity bodyweight exercises. Not to mention, 3 completely different training approaches will stimulate the muscles in many different ways. Exhausting all muscle fibers and expediting the overload process.

# PHYSIQUE ZERO CHEST

## CAN I TRAIN OTHER MUSCLE GROUPS DURING THIS PROGRAM?

This is a SPECIALIZATION training program. If you want a big chest (or bigger arms, increased bench, or a higher vertical), then you have to focus on that ONE goal if you want optimal results. With that being said, for the next 3 weeks we are going to focus all of our efforts on chest hypertrophy. Don't make the mistake of trying to maintain volume on all different muscle groups during this program. You want all your resources (training, nutrition, recovery) to go toward the ultimate goal of increased chest size.

This program will consist of 4 training days. 3 of the 4 days we will train chest and the remaining day will be body management/maintenance (*This will be a full body workout that you can throw in on the day of your choice*). This will allow us to keep our other muscle groups active to avoid size or strength loss during this 3 week course.

## DOES MY NUTRITION CHANGE DURING THIS PROGRAM?

No, you will continue to follow your current diet (Physique Zero Nutrition). Best results come when in a caloric surplus.

PHYSIQUE ZERO CHEST	
Monday:	Chest [a]
Wednesday:	Chest [b]
Friday:	Chest [c]
Monday:	Chest [d]
Thursday:	Chest [e]
Saturday:	Chest [f]
Tuesday:	Chest [a]
Thursday:	Chest [e]
Saturday:	Chest [c]

# PHYSIQUE ZERO

# CHEST CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Chest A	Maint.	Chest B		Chest C	
	Chest D	Maint.		Chest E		Chest F
	Maint.	Chest A		Chest E		Chest C

## PLUS SETS

You're going to notice that, on some exercises, there is a (+) symbol to the right of the prescribed sets.

This means that, once you've completed all of your working sets, you'll perform a final, Plus Set.

*FOR EXAMPLE:* Push-Ups

Sets: 2+

Reps: 10

Set 1 – 10 Reps

Set 2 – 10 Reps

Set 3 – AMRAP

The Plus Set should be performed for **as many reps as possible (AMRAP)**. You should aim to leave absolutely no more reps in the tank and take your body to complete muscular failure.

## CHEST A

EXERCISE	SETS	REPS	REST	TEMPO
3 Point Push Up	4+	6	30 Seconds	4:0:4:0
Elevated Push Up	4+	6	30 Seconds	2:0:2:0
Feet Elevated Push Up	4	8	45 Seconds	1:0:4:0

## CHEST B

EXERCISE	SETS	REPS	REST	TEMPO
3 Point Push Up	4	12	45 Seconds	2:0:2:0
Wide Width Push Up	4	8-10	45-60 Sec.	1:0:1:0
Feet Elevated Push Up	4	12	45 Seconds	1:0:2:0

## CHEST C

EXERCISE	SETS	REPS	REST	TEMPO
Push Up	3+	15	60 Seconds	1:0:2:0
Elevated Push Up	3+	15	60 Seconds	1:0:1:0
Feet Elevated Push Up	3	15	45 Seconds	1:0:1:0

\*If you are unable to complete the exercise for the prescribed reps, use a rest-pause until you've achieved the target reps.

## CHEST D

EXERCISE	SETS	REPS	REST	TEMPO
3 Point Push Up	5+	6	30 Seconds	4:0:4:0
Elevated Push Up	5+	6	30 Seconds	2:0:2:0
Feet Elevated Push Up	5	8	45 Seconds	1:0:4:0

## CHEST E

EXERCISE	SETS	REPS	REST	TEMPO
3 Point Push Up	5	12	45 Seconds	2:0:2:0
Wide Width Push Up	5	10	45-60 Sec.	1:0:1:0
Feet Elevated Push Up	5	12	45 Seconds	1:0:2:0

## CHEST F

EXERCISE	SETS	REPS	REST	TEMPO
Push Up	4+	15	60 Seconds	1:0:2:0
Elevated Push Up	4+	15	60 Seconds	1:0:1:0
Feet Elevated Push Up	4	15	45 Seconds	1:0:1:0

\*If you are unable to complete the exercise for the prescribed reps, use a rest-pause until you've achieved the target reps.

## MAINTENANCE

EXERCISE	SETS	REPS	REST	TEMPO
Bulgarian Split Squat	4	10each	45 Seconds	1:0:1:0
Single Leg Elevated Hip Thrust	4	15-20	60 Seconds	1:0:1:0
Feet Elevated Inverted Row	4	15-20	45 Seconds	1:0:1:0
3 Point Pike Push Up	4	8	60 Seconds	2:0:1:0
Elevated Calf Raise	4	20	45 Seconds	1:0:1:0
Seated Knee Ups	4	20	45 Seconds	1:0:1:0