

Anterior Workout Routine Key Points:

1. **What is the anterior workout?** An anterior workout is a workout that focuses on the muscles in the front of the body, particularly the chest, shoulders, and arms. This type of workout typically includes exercises that target these muscle groups, such as push-ups, bench press, and tricep dips. An anterior workout is often part of a broader fitness routine that also includes exercises for other muscle groups, such as the back and legs. The goal of an anterior workout is to improve strength, endurance, and overall fitness in the front of the body.
2. **Prioritize the movements you want to improve on.** The following exercises are not in a specific order. The order will depend on your fitness goals. So for example, if you're looking to prioritize your chest development, make sure you prioritize the Mid to lengthened chest exercises early on in your workout.
3. **Base your training volume by what you can recover from.** Your goal should be to do the minimal amount of work while still progressing in your gains.
4. **Keep your scapula back and down** to properly contract the muscles you're trying to use. This makes sure that you're not shrugging, interior rotating, or using the wrong muscles in your workouts.
5. **Train your pecs, the right way.** Lock your shoulder blades down and back so that you're focusing on using your pecs instead of muscle groups like triceps and shoulders. Focus on moving out and in, not up and down. There are two types of pec training you need to do:
 - a. Pec Presses
 - i. Bench press: Lie on a flat bench with a barbell or dumbbells. Lower the weight to your chest, then press it back up to the starting position.
 - ii. Incline bench press: Lie on an incline bench with a barbell or dumbbells. Lower the weight to your chest, then press it back up to the starting position. This variation targets the upper chest muscles more than the flat bench press.
 - iii. Decline bench press: Lie on a decline bench with a barbell or dumbbells. Lower the weight to your chest, then press it back up to the starting position. This variation targets the lower chest muscles more than the flat bench press.
 - iv. Cable press: Attach a straight bar or rope to the low pulleys of a cable machine. Stand facing the machine with your hands gripping the bar or rope. Press the bar or rope together in front of your chest, then slowly release back to the starting position. This variation allows for a more continuous tension on the chest muscles.
 - b. Pec Flys:
 - i. Flat bench fly: Lie on a flat bench with a dumbbell in each hand. Open your arms wide, then bring the weights back together over your chest.
 - ii. Incline bench fly: Lie on an incline bench with a dumbbell in each hand. Open your arms wide, then bring the weights back together over your

chest. This variation targets the upper chest muscles more than the flat bench fly.

- iii. Decline bench fly: Lie on a decline bench with a dumbbell in each hand. Open your arms wide, then bring the weights back together over your chest. This variation targets the lower chest muscles more than the flat bench fly.
- iv. Cable fly: Attach a D-handle to the low pulleys of a cable machine. Stand in the middle with the handles at chest level. Open your arms wide, then bring the handles back together in front of your chest. This variation allows for a more continuous tension on the chest muscles.

6. **Shoulder training.** The shoulders, or deltoid muscles, are a group of three muscles that support the movement of the arm at the shoulder joint. To effectively train the shoulders, it's important to include a variety of exercises that target all three heads of the muscle. With anterior shoulder training, we'll cover 2 heads of the muscle.

a. Dumbbell raises

- i. Lateral raise: Stand with your feet shoulder-width apart and hold a dumbbell in each hand at your sides. Raise your arms out to the sides until they are parallel to the floor, then lower them back to the starting position.
- ii. Front raise: Stand with your feet shoulder-width apart and hold a dumbbell in each hand at your sides. Raise your arms straight out in front of you until they are parallel to the floor, then lower them back to the starting position.

b. Shoulder presses

- i. Overhead press: Stand or sit with your feet shoulder-width apart and hold a barbell or dumbbells at shoulder level. Press the weight overhead, then lower it back to the starting position. These can be used with different incline variations too so that you can reduce shoulder pain.

7. **Tricep training.** The triceps muscle is located on the back of the upper arm and is responsible for extending the elbow joint. To effectively train the triceps, it's important to include a variety of exercises that target the different heads of the muscle; long and short.

a. Close elbow tricep training

- i. Cable tricep pushdown variations: Attach a straight bar or rope to the low pulley of a cable machine. Stand facing the machine with your hands gripping the bar or rope. Push the bar or rope down until your arms are fully extended, then slowly release back to the starting position.

b. Elevated elbow tricep training

- i. Overhead tricep extension: Stand with your feet shoulder-width apart and hold a dumbbell with both hands overhead. Bend your elbows to lower the weight behind your head, then extend your arms to return to the starting position.

- ii. Skull crushers: Lie on a flat bench with an EZ bar or dumbbells. Lower the weight behind your head, then extend your arms to return to the starting position.
- iii. Cable tricep pushdown: Attach a straight bar or rope to the high pulley of a cable machine. Stand facing the machine with your hands gripping the bar or rope. Push the bar or rope down until your arms are fully extended, then slowly release back to the starting position.