

## How To Build Big Chest Muscles

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**Oct. 9, 2009 - [PRLog](#)** -- Many people are interested in fitness and body building. However, not everyone has access to a gym or to weight training equipment on a regular basis. So, for many an enthusiast, the question of how to build a bigger chest without weights is one that can take on a major significance.

A busy executive may not have the time to visit a gym regularly for weight training. Someone, working hard to look after their family in these difficult times, may not have the time or the extra cash to spring for either a gym membership or a home gym. There may not even be a gym in the area where they live!

If they travel a lot, finding a gym in every city they have to visit may not be possible. So, what are they to do? Are they doomed to exist in their naturally skinny bodies for the rest of their lives? Should they be deprived of the chance to achieve the physique of their dreams? Of course not! It is not only possible, but easy, to build up your muscles without having to resort to weights at all!

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All you really need, to achieve the goal, is good advice and guidance on how to build a bigger chest without weights! The right set of exercises, carried out in the right way can take you a long way towards the goal you have set for yourself! You can easily build up your chest muscles without having to lift weights, or go to the gym. It is a matter of proper exercise and diet to shape your chest and define the muscle groups right at home!

So without further ado, here's how to build a bigger chest...

One of the best possible ways to exercise your pectorals is to give yourself a good workout through push ups. Yeah, that's right! The good old push up is among the best exercises for the chest and upper arms! Basic "lie flat on the face and lift yourself on your arms" push ups work quite well for beginners. However, as you progress, you will have to make it harder. One way is to spice it up by putting your feet up on a yoga ball, or a low ottoman.

You can also stand three chairs in a sort of a triangle, with your feet on one, and your hands on the other two. Once you are past these extra burn push up stages, you could try the two chair dip, placing two hard backed chairs back to back at a distance from each other, and using the chair backs to lift up your entire body from a standing position.

Have someone (preferably not too heavy) sit on your back once you get more comfortable with the exercise, or have them place heavy books or other items on your back.

You may be asking how to build a bigger chest besides the actual exercising part. Eating well and getting your full quota of eight hours of shuteye are equally important in building up your pecs. Good quality meals with plenty of protein should be had at regular intervals, about three to four hours, to ensure your muscles get the necessary nutrients.

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