

7-Day Bodyweight Chest Workout Plan (No Equipment)

Day 1 - Beginner Chest Foundation

- Warm-Up: 5 minutes (arm swings, wall stretches, light cardio)
- Wall Push-Ups: 3x15
- Knee Push-Ups: 3x12
- Standard Push-Ups: 3x8-10
- Plank Hold: 3x20-30 sec

Day 2 - Active Recovery / Mobility

- Light Cardio (20 min walk or jog)
- Shoulder Circles: 2x20 each direction
- Cat-Cow Stretch: 2x10 reps
- Chest Stretch (doorway or wall): 3x20 sec per side

Day 3 - Intermediate Chest Strength

- Warm-Up: 5 minutes
- Standard Push-Ups: 3x12-15
- Incline Push-Ups: 3x10
- Diamond Push-Ups: 3x8-10
- Side Plank: 2x20 sec per side

Day 4 - Core & Stability Focus

- Warm-Up: 5 minutes
- Mountain Climbers: 3x20 reps
- Plank-to-Push-Up: 3x8-10
- Bird Dogs: 3x12 each side
- Lying Chest Stretch: 3x30 sec

Day 5 - Power & Explosive Chest

- Warm-Up: 5 minutes
- Standard Push-Ups: 3x12
- Plyometric Push-Ups (clap or explosive): 3x6-8
- Wide-Grip Push-Ups: 3x12
- Hollow Body Hold: 2x20 sec

Day 6 - Strength & Endurance Mix

- Warm-Up: 5 minutes
- Archer Push-Ups: 3x6-8 each side
- Decline Push-Ups: 3x8-10
- Diamond Push-Ups: 3x8-10
- Side-to-Side Push-Ups: 2x10

Day 7 - Rest & Stretching

- Light Yoga Flow (20 min)
- Chest-Opening Stretch: 3x20 sec
- Shoulder Mobility Drills: 2x10 reps
- Deep Breathing (5 min relaxation)

Notes:

- Rest 60-90 seconds between sets.
- Perform workouts 2-3 rounds depending on your fitness level.
- Adjust reps as needed, but maintain proper form.