

## Jessica's Power Packed Chest Workout for Speed and Fat Loss

Written by Shoshana Pritzker  
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In this video you'll learn how Jessica takes a general resistance chest workout and turns it in to a power packed high intensity chest blast that will not only melt fat, but will also condition her for a fight. Jessica incorporates this actual workout in to her routine about once every week or two. It's intense; try it for yourself!

The idea is to keep your heart rate up while moving fluidly through each exercise. Use explosive power and speed to build endurance and burn calories.

Here's how it works:

Rest less than 1 minute between sets and 1 minute between exercises.

- Warm up with pushups - do as many as you can do to failure
- Bench Press Superset with Exploding Pushups - 4 sets for 15 reps per exercise
- Single Arm Exploding Incline Chest Press - 3 sets for 15 reps per arm
- Single Arm Cable Straight Right - 2 sets for 15 reps
- Single Arm Cable Left Jab - 2 sets for 15 reps

{mp4}jessica-chest{/mp4}