

Chest Day Workout Giveaway

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This eBook provides information. It does not constitute medical, fitness, dietary or legal advice. Eric Bach and Bach Performance LLC will not assume any liability or be held responsible for any form of injury, personal loss, or illness caused by the utilization of this information.

You must get your physician's approval before beginning this program.

Ask your physician for a complete physical examination, especially if you have high cholesterol, high blood pressure, are overweight, or have diabetes. Discuss all dietary changes with your physician or a registered dietician.

This exercise and nutrition program is not a substitute for treatment, meal plans, prescriptions or professional advice made by your physician, dietician or other health care professional.

These recommendations are not medical guidelines to treat, diagnose, or cure any illness or condition. This program is designed for individuals 18 years old and older in good health. All forms of exercise pose some inherent risks. The publishers and editors advise all readers of this eBook to take full responsibility for the risks of exercise and stay within their limits. Ensure all equipment being used is well maintained and in good shape. That means safe barbells, tightened dumbbells, strong collars, and the like.

Do not take risks beyond your level of experience and abilities.

Don't lift heavy weights if you're alone, injured, fatigued, and inexperienced. Ask for instruction and a spotter for lifts to maximize safety. If you experience lightheadedness, dizziness, or shortness of breath while exercising, stop immediately and consult a physician.

Disclosure

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Video guided Workout:

<https://youtu.be/wxvp-zO3kqk?si=ioBJdfhFdGvWAsWI>

1a. Mobilize: Side lying windmill 2x5 rest 0

1b. Stabilize: Bottoms up kb press 2x8, rest 0

1c. Activate: Plyo push up 2x5, rest 60s

2. 1 set Costal Cable Fly 1x15 seconds, 1x10 reps

Notes: One light set with a pre-set isometric to improve your mind muscle connection. This is crucial if you struggle to feel your chest.

3. 15 Degree Incline Dumbbell Bench Press 3x8, 8 6/6/6 [3-1-1-0 tempo] rest 2-3 minutes

Notes: Do 2-3 warm up sets of 5 until you get to a weight where 8 is near failure.

The 6/6/6 is a triple drop set. Do 6 reps. Rest 15-20 seconds. 6 reps. Rest 15-20 seconds. 6 reps.

4. Dips *chest focus 3x8, 8, 6/6/6 [3-1-1-0 tempo] rest 90s

Do 2-3 warm up sets of 5 until you get to a weight where 8 is near failure.

The 6/6/6 is a triple drop set. Do 6 reps. Rest 15-20 seconds. 6 reps. Rest 15-20 seconds. 6 reps.

5a. Costal Cable Fly 3x10 [3-1-1-0 tempo] rest 30s

Notes: the costal fibers are the lower chest fibers. Here, you'll set cables in the high position. The fly-to-press combo is a mechanical advantage dropset.

5b. Costal Cable Press 3x10 [3-1-1-0 tempo] rest 60s

5. Converging Ring Push Up 3x15 [3-1-1-0 tempo] Rest 60s

Notes: this can be done on a TRX, rings, or at worst, regular push ups on the ground.

Welcome To Bach Performance

Let's cut to the chase: I'm here to help you look great naked—build muscle and lose fat—without living in the gym. I've been coaching men and women since 2009 and am here to cut through the bullshit, fluff, and fads that pollute the fitness industry and make “getting results” way too complicated.

If this sounds good to you, welcome to Bach Performance. You're in the right place. Our beliefs and methods are simple, yet our results are world class, as we'll show you shortly.

Chances are you've tried fasting, KETO, cleanses, aggressive diets, training programs from CrossFit to bodybuilding and haven't found what you're looking for. Or, maybe you have made the progress you wanted but are now looking to save time and still make great progress.

You want the right amount of muscle, a physique that turns heads at the beach, and the confidence to take your shirt off without feeling self-conscious. You want the energy to conquer long days at the office and busy nights at home, whether they entail building your business or building your family.

And you want to build a razor-sharp mind along with a clean bill of health without being a social recluse. The last part is essential, and something not often addressed when it comes to fitness. You need a fitness regimen to improve, not consume your life.

Heck, you have business meetings, dinners, and social occasions where brokering deals over dinner and cocktails is part of your livelihood.

We get it. **Bach Performance Physique Coaching Program is designed specifically to help high performers like you look great naked without living in the gym.** After all, building your best body improves more than the reflection in the mirror: it improves your confidence and energy, which seeps into and improves your life from the boardroom to the bedroom.

In short, we understand the same thing: Building a high-performance body is an essential cog to both looking great naked and performing at your best in all facets of life.

Your time is at a premium, and while you want to lose stubborn fat and build muscle, it's also important you can do so without living on shriveled up chicken breast and partially frozen Tupperware.

You need an approach to fitness to improve your life rather than consume it.

If our “credo” resonates with you, then you're in the right place. I'm Eric Bach, owner of Bach Performance.



Bach Performance is the only 12-month Performance & Physique Transformation Program for busy men and women who want to look great naked without obsessing over fitness. Together, my coaches and I are here to help you regain your health, boost your energy and look great naked without obsessing over fitness.

I've been a coach for over a decade, working with collegiate and pro athletes while having my work featured in places like T-Nation, CNN, and bodybuilding.com. I'm also married, a father, and an entrepreneur.

I understand what it's like to have a full plate because, for lack of a better term, I'm in the grind with you.

We get what it's like to race the clock, feel like you have a never-ending to-do list, and still, have ideas spinning through your head while laying in bed. Conversely, we understand how easy it is to feel overwhelmed and to occasionally throw your hands up and wonder how you'll ever get it all done.

Luckily, with our experience at Bach Performance, we've found the fundamental principles high performers need to focus on to look, feel, and perform their best even when they're on the go 24/7.

We're uniquely equipped to help you , unlike anyone else in the fitness industry. **The key to maximizing the precious minutes in your day to perform at peak capacity comes down to finding a practical approach to improve, not consume your day.**

So, what is the “secret?”

Well, marketing be damned, we don't like to throw “secrets” around.

Instead, we focus on science-tested, experienced back methods as you'll see in the High-Performance Handbook.

Our core beliefs are this:

Training: Train simply. Lift heavy. Progress consistently. Success comes from the ruthless execution of the basics.

Nutrition: Eat foods on the ground or have a face. Nutrition must be made simple.

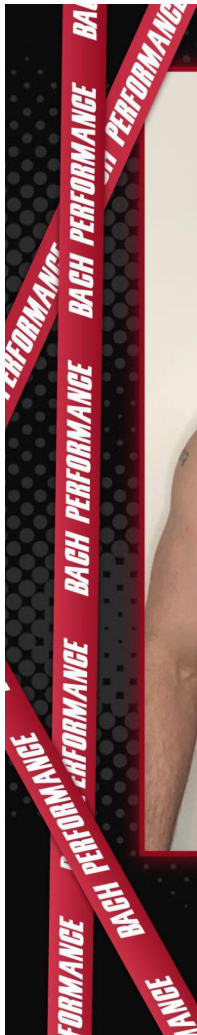
Lifestyle: Fitness should improve your life, not consume it.

Much like business, success often comes from the ruthless execution of the basics, then mixing in higher level tactics as they fit--not relying on them as a “cure-all solution.”

So, how can we simplify fitness and embed the Bach Performance credo into helping you build a high-performance body and lifestyle?

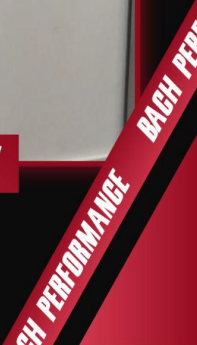
Read on. We're going to cover the biggest mistakes high performers make with their training, diet, and lifestyle. More importantly, we're going to give you a clear-cut action step for each one, and show you how we've helped others just like you overcome the same hurdles.

The methods below have worked wonders for over 1100 clients:




BACH PERFORMANCE

HIGH PERFORMANCE
 BACH PERFORMER

**JOHN DORMAN**

BACH PERFORMANCE

 Bachperformance

 Eric@bachperformance.com

240 LBS


A full-body photograph of a man standing, showcasing his muscular physique. He is wearing black athletic shorts. The image is framed with a red border. At the top, a red banner contains the word "AFTER" in white, bold, sans-serif capital letters. At the bottom, a red banner contains the text "170K 180" in white, bold, sans-serif capital letters. The background is a plain, light-colored wall and floor.

179.4 LBS

MR.X

AGE: 54


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BEFORE



AFTER





**"I even get compliments
on my butt now!"**

KACI ANN

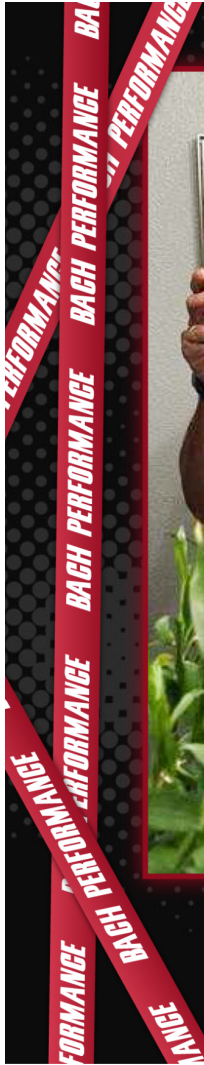


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218 LBS


HIGH PERFORMANCE **BACH PERFORMANCE**




192 LBS

THIAGO FORNAZIER

BACH
PERFORMANCE

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If you'd like to experience a similar life-changing transformation, whether you want to build bigger arms or burn stubborn belly fat and retake control of your health, apply for coaching here:

<https://bachperformance.com/coaching>

Otherwise, enjoy this guide. It'll get you going in the right direction.

Eric Bach, President at Bach Performance