

# What Kind of Pushups Work Upper Chest?

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[Push-ups](#) are a staple in many workout routines, but did you know that different variations can target specific areas of your chest? If you're looking to build a stronger, more defined upper chest, you need to incorporate the right kind of push-ups into your fitness regimen. In this article, we'll explore the best push-up variations for working the upper chest and how to perform them correctly.

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## Understanding the Upper Chest

The chest muscle, or pectoralis major, is divided into two main parts: the upper (clavicular) and lower (sternal) portions. The [upper chest](#) is the area that many people find hardest to develop, but with targeted exercises, you can achieve a well-rounded chest. Push-ups are an effective way to engage the upper chest without the need for equipment.

### Incline Push-ups

**Incline push-ups** are one of the best push-up variations for targeting the upper chest. By elevating your hands on a stable surface, you shift more of the workload to your upper pecs.

#### How to Perform Incline Push-ups:

1. Place your hands on a bench, step, or any elevated surface.
2. Position your body in a straight line from head to heels.
3. Lower your chest towards the bench, keeping your elbows at a 45-degree angle.
4. Push back up to the starting position.

#### Tips:

- Keep your core engaged to maintain proper form.
- Ensure the elevated surface is stable to avoid injuries.

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## Decline Push-ups

While decline push-ups primarily target the lower chest, they also engage the upper chest due to the angle of your body.

### How to Perform Decline Push-ups:

1. Place your feet on an elevated surface such as a bench or step.
2. Position your hands shoulder-width apart on the floor.
3. Lower your chest towards the floor, maintaining a straight body line.
4. Push back up to the starting position.

### Tips:

- Keep your body rigid to maximize upper chest engagement.
- Start with a lower elevation if you find it challenging to maintain form.

## Narrow Grip Push-ups

Narrow grip push-ups, also known as diamond push-ups, place more emphasis on the [triceps](#) but also effectively engage the [upper chest](#).

### How to Perform Narrow Grip Push-ups:

1. Place your hands close together, forming a diamond shape with your thumbs and index fingers.
2. Position your body in a straight line from head to heels.
3. Lower your chest towards your hands, keeping your elbows close to your body.
4. Push back up to the starting position.

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**Tips:**

- Keep your elbows tight to your body for maximum upper chest activation.
- Maintain a slow and controlled movement to avoid shoulder strain.

**Explosive Push-ups**

Explosive push-ups, or plyometric push-ups, are an advanced variation that can help build strength and power in your upper chest.

**How to Perform Explosive Push-ups:**

1. Start in a regular push-up position.
2. Lower your chest towards the floor.
3. Push up explosively, lifting your hands off the ground.
4. Land softly and immediately go into the next push-up.

**Tips:**

- Ensure you have a solid push-up foundation before attempting this variation.
- Focus on controlled landings to prevent wrist and shoulder injuries.

**Incorporating Upper Chest Push-ups into Your Routine**

To effectively target the upper chest, it's essential to incorporate these push-up variations into your regular workout routine. Here are some tips for creating a balanced chest workout:

- **Warm-up:** Always start with a proper warm-up to prepare your muscles and prevent injuries.

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- **Mix It Up:** Include a variety of push-up variations to engage different parts of your chest.
  - **Volume and Frequency:** Aim for 3-4 sets of 10-15 repetitions for each push-up variation, 2-3 times per week.
  - **Progression:** Gradually increase the difficulty by adding more repetitions, sets, or elevating your feet/hands higher.

## Conclusion

Building a strong, defined upper chest is achievable with the right push-up variations. Incline push-ups, decline push-ups, narrow grip push-ups, and explosive push-ups are all excellent exercises to incorporate into your routine. Remember to maintain proper form, gradually increase the intensity, and stay consistent with your workouts. By doing so, you'll see noticeable improvements in your upper chest strength and definition. [Check the full article here.](#)

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