

Building the circumference of the upper torso (The Thorax)

Building shapely and massive pectoral muscles is very important for those reading this course but you must also keep in mind that in order to build the whole upper thorax along with the chest muscles you must work on your back muscles and also expand the rib cage.

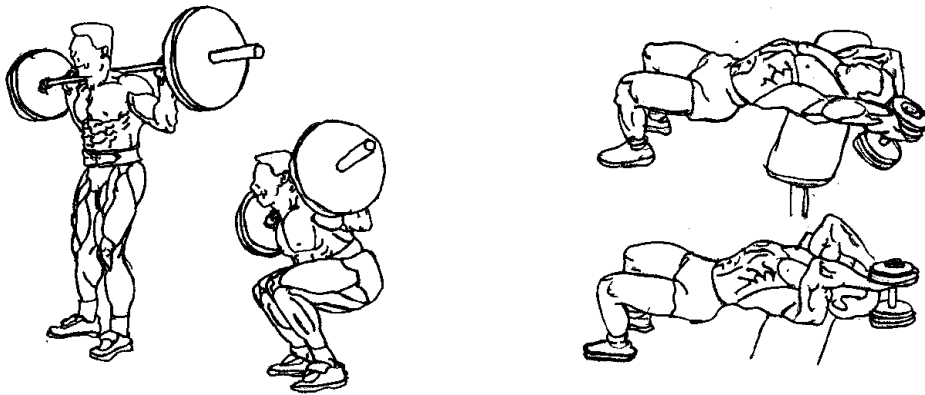
The Ribcage Expansion Program

The ribcage expansion program that is recommended consists of super setting (a series of exercises done in succession or back to back) breathing squats with light breathing dumbbell pullovers. The squat is to be done with a light poundage, a poundage where 25 reps can be accomplished. As for the pullovers, it should be performed with a light dumbbell where 25 reps can be done. For those who really need to expand their ribcage, perform this routine three times a week. For more advanced individuals it would be beneficial to perform your rib cage expansion routine on leg day since part of the program consists of light-weight, high-rep squats. Perform 3 to 5 sets of this program. See the routine below.

EXERCISE SET REPS

Squats 3x5- 25

Dumbbell pullovers 3x5- 25



Can one actually enlarge the rib cage?

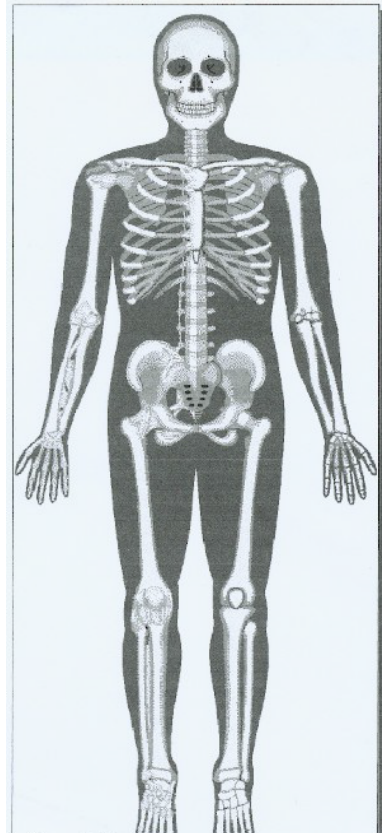
Some experts say yes while others say no. I truly believe you can. I speak from experience and have also seen others increase their chest size by doing rib cage expansion routines. The human skeletal structure is composed of *fibrous joints*, *synovial joints* and *cartilaginous joints*. **Fibrous joints**: these are fixed joints that have no movement such as with the skull and its' fixed joints. **Synovial joints**: these joints have plenty of space for movement and are what forms our joints such as the elbows, ankles, knees and so forth. **Cartilaginous joints**: This is the cartilage that connects the ribs to the sternum bone and what keeps the rib cage intact; there is little to no movement in the cartilaginous joint. It would seem rather impossible to lengthen the ribs due to the fact that they're bones but you can effectively lengthen the ribs by stretching the cartilages that connect the ribs to the sternum bone relying on the little movement they do offer. Through exercise, the sternum and the ribcage can be spread out to expand the thorax.

It is not unusual for bodybuilders in their late teens to increase their chest size with a basic expansion routine due to the fact that the rib cage is very pliable during those years. It has also been documented that men in their 20s, 30s and even 40s can expand the size of the thorax simply by following an expansion routine.

Pulling out the rib box will help to make your chest muscles look more impressive especially for the competitive bodybuilder who must look impressive when executing a side chest pose for the judges.

Building an impressive chest is like building a house; you begin with the foundation before you begin laying the bricks.

In bodybuilding, your rib cage and bone structure are your building foundation and your pectorals are the house that rests on that foundation. If this procedure of ribcage expansion is not followed, the only thing you will be left with after developing the pectorals is a flat caved in chest. Below, we see what the human skeletal system consists of. Notice the ribcage connects to the (1) **Cartilage** and this cartilage connects to (2) **Sternum bone**, which holds the thorax in place along with the (3) **Ribs**. This is the cartilage that will be stretched over time with consistent use of the expansion routine.



This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.