

# WORKOUT of the Month

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For those of different strength levels than the starting poundage specified, simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and a starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600, multiply the poundages specified by 1.2 (600 divided by 500)

My name is Lynne Barlow. I am a 41 year old nurse anesthetist who lives in Turner, Maine with my husband, best friend, and coach, Russ Barlow. I started weightlifting in 1985 to improve my time in the marathon (I had run three by that time) and to spend some quality time with my husband who is an avid lifter.

I adapted quickly to the sport, becoming muscular and quite strong for my size in just a few months. Russ encouraged me to enter a powerlifting meet in 1986 and I was hooked! Competitive running quickly became a thing of the past with powerlifting my new passion. The sport has assisted me physically and emotionally through some difficult circumstances including a bone marrow transplant for leukemia eleven years ago and a major automobile accident five years ago in which I suffered a ruptured spleen, fractured pelvis, and broken ribs.

I won the 105 lb. class at the APF SR Nationals in 1999 and 2000. My best meet lifts are a 343 lb. squat (APF American Record), 210 lb. bench press, 319 lb. deadlift, and 848 lb. total. I currently hold all of the Master WPC World Records in my weight class/age division.

I train three days a week for about an hour and a half per session. I find that three days is optimal as a demanding job with unpredictable hours. Also as a master lifter, I need the additional time to recover. I speed bench on Day 1, squat on day 2, assistance bench on Day 3, and deadlift on Day 4. All of these workouts also include accessory exercises for the major lifts being worked. My basic training principles are based on Louie Simmons' methods with a few modifications.

The following routine is based upon a lifter who has performed a 150 lb. bench max. I find it difficult to predict exactly what an athlete will be able to achieve on the bench press after using my routine as motivational levels, experience, genetics, etc. are so variable. I'm sure that a lifter will make some improvement, however; and a ten to fifteen pound increase would be a realistic goal.

To be successful with this routine an athlete must possess the following equipment: #1. A bench press shirt. (I personally use an Inzer double ply "Blast Shirt". I think that canvas shirts are too restrictive for lifters benching a relatively light weight as there is not enough weight on the bar to lower the bar to the chest). #2. Two jump stretch mini (1/2") pink

## Lynne Barlow's Bench Routine



Lynne Barlow attempting 187 pounds at the 2000 APF Senior Nationals.

rubber bands. #3. Four 5 foot long 3/4" chains. #4. One, two, three, and four boards (2x6) nailed together in two foot lengths (i.e. Louie Simmons).

Remember I train only three days a week, therefore, I hit the same training day (speed bench or assistance bench) every nine to ten days. The 16 workouts converts to approximately five months of training. Put your workout days backwards on a calendar starting with the day of the contest you're training for and try to stick to these days. The last workout (#16) should fall five to six days before the meet.

Workout (WO) #1 (Speed Bench)- Each press is preformed using EXPLOSIVE SPEED (ES!) off the chest. Bench press 10x45, 6x65, 12x2x75

WO#1 (Assistance Bench)- Three board press: 10x45 3x65 3x85 3x105 3x115 3x135

WO#2 (Speed Bench)- Bench press: 10x45 6x70 12x2x80 (ES!)

WO#2 (Assistance Bench)- Two board press: 10x45 3x65 3x85 3x105 3x115 3x125

WO#3 (Speed Bench)- Bench press: 10x45 6x75 10x2x85 (ES!)

WO#3 (Assistance Bench)- One board press: 10x45 5x65 5x85 1x95 1x105 1x115 1x125

WO#4 (Speed Bench)- Bench press with pink bands: 10x55 6x65 8x2x75 (ES!)

WO#4 (Assistance Bench)- Four board press: 5x65 5x90 5x110 2x125 2x135 2x145

WO#5 (Speed Bench)- Bench press with pink bands: 10x55 6x70 8x2x80 (ES!)

WO#5 (Assistance Bench)- Three board press: 10x45 3x65 3x85 3x105 3x115 3x135 3x145

WO#6 (Speed Bench)- Bench press with pink bands: 10x55 6x75 8x2x85 (ES!)

WO#6 (Assistance bench)- Two board press: 10x45 3x65 3x85 3x105 3x120 3x130

WO#7 (Max bench)- Warm up and take max using bench shirt.

WO#7 (Assistance bench)- One board press: 10x45 5x65 5x85 1x95 1x105 1x115 1x125 1x135

WO#8 (Speed bench)- Bench press with one chain each side and three quarters of each chain resting on floor: 10x55 6x65 8x2x75 (ES!)

WO#8 (Assistance bench)- Four board press: 5x65 5x90 5x110 2x130 2x145 2x155

WO#9 (Speed bench)- Bench press with chains set as in week 8: 10x55 6x70 8x2x80 (ES!)

WO#9 (Assistance bench)- Three board press: 10x45 3x65 3x85 3x105 3x115 3x115 3x135 3x150

WO#10 (Speed bench)- Bench press with chains set as in weeks 8 and 9: 10x55 6x75 8x285 (ES!)

WO#10 (Assistance bench)- Two board press: 10x45 3x65 3x85 3x105 3x120 3x135

WO#11 (Max bench)- Warm up and take max using bench shirt.

WO#11 (Assistance bench) One board press: 10x45 5x65 5x85 1x95 1x105 1x115 1x125 1x135 1x145. (This is a Big Week!)

WO#12 (Speed bench)- Bench press with two chains each side with three

quarters of all chains resting on floor: 10x55 6x65 6x2x75 (ES!)

WO#12 (Assistance bench)- Four board press: 5x65 5x80 5x110 2x135 2x150 2x160

WO#13 (Speed bench)- Bench press with chains set as in week 12: 10x55 6x70 6x2x80 (ES!)

WO#13 (Assistance bench)- Three board press: 10x45 3x65 3x85 3x105 3x115 3x140 3x155

WO#14 (Speed bench) Bench press with chains set as weeks 12 and 13: 10x55 6x70 6x2x85 (ES!)

WO#14 (Assistance bench)- Two board press: 10x45 5x65 3x85 3x105 3x125 3x140

WO#15 (Speed bench) - 10x55 6x75 2x85 6x2x95 (No bands or chains but using ES!)

WO#15 (Assistance bench)- Four board press: 5x65 5x90 5x110 2x135 2x145 2x165 (I like finishing my training cycle with the four board press as my difficulty is at the top of the lift).

WO#16 (CONTEST) 1st attempt: 143\* 2nd attempt: 159 3rd attempt: 165

\*Using your personal judgement based on weeks 7 and 11, open with a weight you handled easily. Remember #1 is for the judges and #s 2 and 3 are for you\*.

Speed Day Accessory Exercises- JM Press: 4x8/ Dumbbell Tricep Extensions: 6x7-8/ Lat Pulldown: 3x8/ One Arm Row: 3x8/ Seated Dumbbell Press: 4x6/ Dumbbell Power Clean: 4x10/ E-Z Curls: 4x8-10.

Assistance Day Accessory Exercises- French Curl: 4x8/ Tricep Push Downs: 4x8-10/ Pull Ups: 3x8/ Seated Long Pulls: 3x8-10/ Front (Pin) Press: 4x8/ Plate Raise: 3x8/ Dumbbell Curls: 3-4x8. I finish every workout with 6 sets of abds.

If you examine my routine, you will note that the number of reps and sets as well as exercises are often changed. This is because weaknesses in a particular lift change and one must be able to troubleshoot problems that may arise. This is why it is so important to have a positive critical training partner and/or coach. I consider myself lucky to have Russ as my coach because he can critique my technique correcting my problems and enhancing my strengths.

If you have any questions concerning this routine, please email me (Lynne Barlow) at BIKRCHIK@aol.com. (My second greatest passion is riding my Harley!).