

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)

TONY LEIATO'S BENCH PRESS ROUTINE

This is a 10 week bench press cycle for the intermediate lifter. This is for a lifter with a 500 lbs max. A 20 to 30 lbs increase is possible on this routine. This routine requires strict attention to form and basic repping. This routine is not for those benchers who only bench halfway without full lockout during their training. Remember!!! How you train in the gym is going to set the tone for your meet. In order to become a good bencher you must hit the two basic muscles that require the work, this rep system will do that. I am not a tricep bencher nor a pectoral bencher, I work both the pectorals (initial push off power) and the triceps (lockout and drive power) equally hard for that explosive bench. Squeezing the bar really hard during the bench will drive the bar easier towards lockout. For this cycle you will do incline benching on the first week and then switch to decline on the second week and alternate every other week. This will help develop full pectoral power. On your second upper body day which comes three days later, (if you bench Monday, next upper body day will be Thursday) you won't be doing any actual benching but you will be doing exercises that will assist in your benching.

WEEK 1 - 7: Bench (135x15, 225x10, 315x6, Top set: 330x10x3). Hammer Curls (60x15, 70x10, 80x8x2). Incline Bench (225x10, 275x8, Top set: 315x6x2). Dumbbell Flies (50x10, 60x10, 70x10).

Next Workout: Military (behind the neck) Presses (135x15, 185x10, 225x8, 275x3). Close Grip

Bench Press (225x12, 275x8, 315x6x2). Delt Forward Raises (40x10x2, 45x8). Triceps Push-downs (utilize the cable machine for 3 sets of a weight that you can do for 10-15 reps).

From Week One to Week Six you will be adding 10 lbs. every week to your top set on the bench and dropping a rep (nine reps on Week Two, eight reps on Week Three). All top sets are done for three sets until after Week 7 where you will start doing two sets only. At Week Seven your top set will be 405 lbs., Week Eight 420 lbs.,

Tony Leiato got a 600 bench at the '95 ADFPA Men's Nationals



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Week Nine 450 lbs. and Week Ten 470 lbs. xbl. Meet day you will warm up to a 475 lb. opener, 500 lb. second attempt and, depending on how you feel, a 520-525 lb. last attempt. Concentration is extremely important on all three presses. I believe that a quiet intense approach to the bar is far more effective than your traditional yelling and screaming psyche routine because it saves more energy for your lifts. For the

assistance exercises, you stick with the above numbers until the seventh week where you discontinue them from your cycle. This cycle built the foundation of my present bench of 580-600 lbs. I have set two ADFPA Lifetime Drug Free National Bench press records for two consecutive years. A positive mental attitude throughout this cycle is the key factor to attaining your personal best. TONY LEIATO

