

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).

DOUG ORTIZ BENCH PRESS WORKOUT

This 12 week cycle is designed for a lifter with a max of 300 lbs. You can expect a 15-20 lb. increase. Two workout days per week: Monday - Light, Thursday - Heavy.

Week 1: 135x10, 185x6, 225x5, 245x8x2 sets, 185x6, 135x10.

Week 2: 135x10, 185x6, 225x6, 245x8x2 sets, 185x8, 135x10.

Week 3: 135x10, 185x6, 225x6, 255x6, 275x2x2 sets, 185x10.

Week 4: 135x10, 185x6, 225x6, 255x6, 285x2x2 sets, 225x8.

Week 5: 135x10, 185x6, 225x6, 255x6, 290x2x2 sets, 225x8.

Week 6: 135x10, 185x6, 225x6, 265x3, 295x2x2 sets, 225x8.

Week 7: 135x10, 185x6,



Doug Ortiz of Hawaii is one of the finest drug free bench pressers in history, with a best in the ADFPA of 369 in the 132 lb. weight class.

225x6, 265x3, 300x1x2 sets, 255x6.

Week 8: 135x10, 185x6, 225x6, 265x3, 300x2x2 sets, 255x8.

Week 9: 135x10, 185x6, 225x6, 265x6, 305x2x2 sets, 260x8.

Week 10: 135x10, 185x6, 225x6, 265x6, 310x2, 260x8.

Week 11: 135x10, 185x6, 225x6, 270x5, 310x3, 265x8.

Week 12: 135x10, 185x8, 225x6, 255x3, 270x1. Last workout before meet.

Light days for 12 week cycle - all weeks same: 135x10, 185x8, 205x8, 225x5, 245x5x2 sets.

Your last workout should be on a Tuesday, 4 or 5 days before your meet on the weekend, Saturday or Sunday. Warm ups on meet day: 135x6, 185x6, 225x3, 245x3. Attempts: 290-305-320.