

As we all know there are many, many ways to skin a cat. I will use this article to convey four different bench press training routines. Please understand that what I am doing is very much like taking the time to give you directions to four different cities: Atlanta, Chicago, Las Vegas, and Seattle without telling you the starting point of your journeys. A sound training program not only takes into account your genetic gifts and weaknesses but uses the training program you are currently using as well as recent routines to assess the starting point for a new program. For our purposes here, I will tell you that we have four different fictional athletes that are seeking to break through their respective bench press barriers of 300 lbs., 400 lbs., 500 lbs., as well as 600 lbs. I will briefly highlight the athlete's characteristics and then give a routine that will carry them over the top. If anyone reading this article cannot write in the confidence, positive attitude, and aggressive determination needed to break down what seems to be milestone barriers. Barriers are what we make of them. If anyone reading this article finds themselves in similar circumstances to the fictional athletes I will outline here, please feel free to dive into the program listed for you. You will succeed. You must remain consistently aggressive and have reasonable sound techniques but, make no mistake, if you follow the program as outlined, you will succeed.

Our first athlete is a novice athlete that is no longer young. The athlete's current PB bench press is about 275 lbs., and we will carry this athlete through the 300 lb. marker. Anyone with a mid to high 200 lbs. bench press and average or better recovery will have no problem adapting to this program. We will have our athlete train the bench press twice per week with the light workout following two days after the heavy workout. Our athletes will not be completely recovered before the light day but rather the movements involved in the light workout will help to speed recovery as well as reset various muscle groups and prepare our athlete for the next heavy workout.

Heavy Workout: *Front Presses from the chin. 4 sets of 7 reps at 105 lbs. (drop after Week Six). * Bench Press (Warmup brief, where necessary). **Week 1:** 135x5x2, 175x1, 205x1, 225x1, 235x1, 205x5, 175x12. **Week 2:** 6 sets of 3 reps at 205 lbs. **Week 3:** 135x5x2, 185x1, 215x1, 235x1, 245x1, 265x1, 285x1, 305x1, 325x1, 345x1, 365x1, 385x1, 405x1, 425x1, 445x1, 465x1, 485x1, 505x1, 525x1, 545x1, 565x1, 585x1, 605x1, 625x1, 645x1, 665x1, 685x1, 705x1, 725x1, 745x1, 765x1, 785x1, 805x1, 825x1, 845x1, 865x1, 885x1, 905x1, 925x1, 945x1, 965x1, 985x1, 1005x1, 1025x1, 1045x1, 1065x1, 1085x1, 1105x1, 1125x1, 1145x1, 1165x1, 1185x1, 1205x1, 1225x1, 1245x1, 1265x1, 1285x1, 1305x1, 1325x1, 1345x1, 1365x1, 1385x1, 1405x1, 1425x1, 1445x1, 1465x1, 1485x1, 1505x1, 1525x1, 1545x1, 1565x1, 1585x1, 1605x1, 1625x1, 1645x1, 1665x1, 1685x1, 1705x1, 1725x1, 1745x1, 1765x1, 1785x1, 1805x1, 1825x1, 1845x1, 1865x1, 1885x1, 1905x1, 1925x1, 1945x1, 1965x1, 1985x1, 2005x1, 2025x1, 2045x1, 2065x1, 2085x1, 2105x1, 2125x1, 2145x1, 2165x1, 2185x1, 2205x1, 2225x1, 2245x1, 2265x1, 2285x1, 2305x1, 2325x1, 2345x1, 2365x1, 2385x1, 2405x1, 2425x1, 2445x1, 2465x1, 2485x1, 2505x1, 2525x1, 2545x1, 2565x1, 2585x1, 2605x1, 2625x1, 2645x1, 2665x1, 2685x1, 2705x1, 2725x1, 2745x1, 2765x1, 2785x1, 2805x1, 2825x1, 2845x1, 2865x1, 2885x1, 2905x1, 2925x1, 2945x1, 2965x1, 2985x1, 3005x1, 3025x1, 3045x1, 3065x1, 3085x1, 3105x1, 3125x1, 3145x1, 3165x1, 3185x1, 3205x1, 3225x1, 3245x1, 3265x1, 3285x1, 3305x1, 3325x1, 3345x1, 3365x1, 3385x1, 3405x1, 3425x1, 3445x1, 3465x1, 3485x1, 3505x1, 3525x1, 3545x1, 3565x1, 3585x1, 3605x1, 3625x1, 3645x1, 3665x1, 3685x1, 3705x1, 3725x1, 3745x1, 3765x1, 3785x1, 3805x1, 3825x1, 3845x1, 3865x1, 3885x1, 3905x1, 3925x1, 3945x1, 3965x1, 3985x1, 4005x1, 4025x1, 4045x1, 4065x1, 4085x1, 4105x1, 4125x1, 4145x1, 4165x1, 4185x1, 4205x1, 4225x1, 4245x1, 4265x1, 4285x1, 4305x1, 4325x1, 4345x1, 4365x1, 4385x1, 4405x1, 4425x1, 4445x1, 4465x1, 4485x1, 4505x1, 4525x1, 4545x1, 4565x1, 4585x1, 4605x1, 4625x1, 4645x1, 4665x1, 4685x1, 4705x1, 4725x1, 4745x1, 4765x1, 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