

recovery and had her best meet to date in June 2005. Although not her best individual lifts, she performed her best total, 1952 lbs. Her bench press has been the most difficult to recover because of lost rotation in one arm at the wrist and elbow. Despite this obstacle, Becca competed in Chicago four weeks later and captured a 507 lb. bench press. Her best lifts to date are an 843.2 lb. squat, a 507.0 lb. bench press and a 650.3 lb. deadlift. Becca has plans to compete in the WPO Semi-finals, October 29-30 in Chicago and plans to exceed a 2000 lb. total. She hopes to max that in Finland the week after – incredible! Her long-term goal is to compete at the Arnold Classic in the 198 lb. division and total 2000 lbs. Check out Becca's website at [www.BeccaSwanson.com](http://www.BeccaSwanson.com) for up to date news, stats, pictures and to order one of her new DVD's.

### Becca Swanson's Three-Lift Contest Preparation.

This is the exact program and numbers Becca Swanson did preparing for the 2005 Arnold Classic.

#### SQUATS

Done on Saturday.

#### WEEK 1

Warm-up to 500  
No Suit 550x3, 585x3, 605x3

#### WEEK 2

Warm-up to 545  
600x3, 635x3, 655x1  
Rack work up to 725 3x3 Top End

#### WEEK 3

Warm-up to 575  
625x1, 655x3, 675x1.  
Down to 635x3

#### WEEK 4

Warm-up to 585  
655x1, 705x3, 725x1 with briefs on  
Rack work up to 805 3x2

#### WEEK 5

Warm-up to 600  
675x1, 725x2, 750x2 Suit On/Straps  
Down  
Down to 655x3

#### WEEK 6

Warm-up to 625  
705x1, 750x1, 775x2 Suit On/Straps  
Down  
Rack work up to 875 3x2

#### WEEK 7

Warm-up to 625  
725x1 Suit On/Straps Down  
Straps Up 775x1, 825x2  
Down to 705x2

#### WEEK 8

Warm-up to 625  
725x1 Suit On/Straps Down  
Straps Up 805x1, 855x2  
Down to 655x3 deep no straps

#### WEEK 9

Warm-up to 625  
725x1 Suit On, Straps up on set  
before the first.  
Max Sets 805x1, 850x1, 870x1 My  
Best

#### WEEK 10

Warm-up to opener 625  
725x1, 775x1, 804x1

#### WEEK 11

Meet Day  
1) 804 2)854 3)872 4)903?  
Got hurt on my 903 attempt. Happens  
sometimes. Maybe next time!

#### BENCH PRESS

#### WEEK 1

Warm-up  
1 Board: 315  
3 Board: 365x3, 385x3, 405x3  
4 Board: 425x3

#### WEEK 2

Warm-up  
1 Board: 315  
3 Board: 365x3, 400x3, 425x3  
4 Board: 455x3

#### WEEK 3

Warm-up  
1 Board: 320  
3 Board: 365x3, 405x3, 455x3  
4 Board: 475x3

#### WEEK 4

Warm-up  
1 Board: 325  
3 Board: 365x3, 405x1, 465x1, 495x2  
4 Board: 510x2  
2 Board: 475x2

#### WEEK 5

Warm-up  
1 Board: 325  
3 Board: 365x3, 405x1, 465x1, 505x2,  
515x2  
2 Board: 495x2

#### WEEK 6

Warm-up  
1 Board: 330  
3 Board: 375x3, 415x1, 470x1, 500x1  
2 Board: 525x2  
1 Board: 500x2

#### WEEK 7

Warm-up  
1 Board: 330  
3 Board: 375x3, 415x1, 475x1, 505x1,  
535x2, 545x2  
2 Board: 530x2

#### WEEK 8

Warm-up  
1 Board: 335  
3 Board: 300x3, 425x1, 400x1, 515x1  
2 Board: 545x2, 565x2

#### WEEK 9

Warm-up  
1 Board: 335  
3 Board: 385x1, 425x1, 485x1  
2 Board: 520x1  
1 Board: 540x1  
Chest: 550?

#### WEEK 10

Warm-up  
Go to opener

#### WEEK 11

Week of meet.

#### DEADLIFTS

Done on Wednesday with  
Back and Abs.

Weeks 1-5 done on a 4 inch  
block and overhand.

#### WEEK 1

Warm-up to 455  
475x5, 495x3 455x5

#### WEEK 2

Warm-up to 475  
495x5, 515x3, 475x5

#### WEEK 3

Warm-up to 485  
505x3, 525x2, 455x5

#### WEEK 4

Warm-up to 505  
525x3, 535x2, 475x3

#### WEEK 5

Warm-up to 525  
530x2, 540x2, 550x1

Weeks 6-10 remove box and use  
normal grip.

#### WEEK 6

Warm-up to 500  
Suit On/Straps Down 570x2, 585x2

#### WEEK 7

Warm-up to 500  
Suit On/Straps Down 575x1, 585x2  
Straps Up 605x2, 620x1

#### WEEK 8

Warm-up to 500  
Suit On/Straps Down 585x1, 600x2  
Straps Up 625x2, 640x1

#### WEEK 9

Warm-up to 500  
Suit On/Straps Down go to opener for  
2 reps 600-620

#### WEEK 10

Meet Day  
My best 1)628 2)644 3)650 4)672  
Lost my grip at lockout on my 4th lift.



## NEW DVD'S FROM BECCA SWANSON

**"She's Unstoppable" - \$19.99 plus \$5 sh Description "Watch as the Strongest Woman Ever Becca Swanson smokes lift after lift from her contests in 2005. This professionally edited video also gives you a behind the scenes look at this intense lifter as she prepares to execute lifts no woman has ever done before.**

**"Big Iron Gym Bench Video" Volume 1 Breaking the 500 Barrier - \$29.99 plus \$5 sh Description "The World's Strongest Lightweight Teen Nick Hatch and Strongest Woman Ever Becca Swanson battle head to head in the full length bench video. You will see an 8 week cycle of heavy, geared-up, bench press training. Be ready to witness all the victories and struggles these champions endure week by week. Watch and learn."**

[WWW.BECCASWANSON.COM](http://WWW.BECCASWANSON.COM)

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