

WORKOUT of the Month

When people ask me to "make them a workout" I start by explaining that everybody is different and will respond differently to the many types of exercises and workout routines. What I try to do to get them started is outline the basic workout I have used and tell them to experiment each training cycle with different exercises and learn to listen to their bodies and recognize when they have begun to overtrain.

The routine I am going to explain will definitely work. I have worked with about 10 people this year and their progress has ranged from 20-100 pounds per cycle. As with any routine, dedication and intensity are important for steady progress. I think the average dedicated lifter should expect no less than 25 pounds in their first 10 week cycle on this program. I have made steady progress for the five years that I have been working out using this program. I am still progressing as much now as I did when I started.

I would like to say that I believe God gave us much more ability than we can imagine. I don't believe that we will ever reach our full potential in strength or any other area. We will all have plenty of room for advancement, even when we are breaking world records. That is why I don't understand or associate with people who hold themselves back because of imaginary limits they have put on themselves. We can achieve anything we put our minds to, whether it is all "A's" in school or bench pressing four times our body-weight!

It is important for me to keep a notebook that shows day, week, exercise, weight, and number of reps done. The reps I do are Monday and Tuesday - sets of 6 reps; Wednesday and Thursday - sets of 4 reps; and Saturday - sets of 2 reps. I continue this throughout the cycle.

The first four weeks the weight should still be light enough to complete at least four sets, but five would be better. I recommend starting out Week One with weight I could handle for about 10 reps, but do only six reps and concentrate on form and getting about 5-6 sets. Add weight every week on every exercise. Do not try to impress anyone by using too much weight. This will only slow your progress and may cause you to overtrain.

This is the workout and esti-

Greg Warr Bench Routine



How Much Farther can Greg Warr go? Already an IPF World Champion, how much over 500 lbs. will he end up benching as a Lightweight, and how much at Middleweight. (Robert Keller photo)

mated starting poundages for a person with a 400 pound max.

Week 1: Monday: Lat Pull-down - 170x6, 6, 6, 6, 6; Upright Row - 120x6, 6, 6, 6, 6; Reverse Grip Pull-Up - 80x6, 6, 6, 6, 6; Shrugs - 300x6, 6, 6, 6, 6; Hammer Curls - 40x6, 6, 6, 6, 6. Tuesday: Bench (feet up) - 300x6, 6, 6, 6; Incline - 240x6, 6, 6, 6; Tricep curl - 100x6, 6, 6, 6; Flyes - 80x6, 6, 6, 6. Wednesday: Squat - 380x4, 4, 4, 4, 4; Curl - 120x4, 4, 4, 4, 4. Thursday: Front Reverse - 50x4, 4, 4, 4; Dips - 132x4, 4, 4, 4, 4; Seated Rows - 250x4, 4, 4, 4, 4; Wrist Curls - 90x4, 4, 4, 4, 4. Saturday: Bench Press - 330x2, 2, 2, 2; Pause (no shirt) - 310x2; Reverse bench - 260x2, 2, 2, 2, 2; Close bench - 260x2, 2, 2, 2, 2.

After a few weeks, you will have to drop some sets. As the

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).

stretching and fewer warmups are a good idea.

Saturday Bench Press Weights

Week 1: 330x2, 2, 2, 2, 2, 2. Pause with no shirt 310x2.

Week 2: 345x2, 2, 2, 2, 2, 2. Pause with no shirt 320x2.

Week 3: 365x2, 2, 2, 2. Pause with no shirt 330x2.

Week 4: 375x2, 2, 2, 2. Pause with no shirt 340x2.

Week 5: 390x2, 2, 2. Pause with no shirt 350x2.

Week 6: 400x2, 2, 2. Pause with no shirt 360x1.

Week 7: 410x2, 2, 2. Pause with no shirt 370x1.

Week 8: 420x2, 2. Pause with no shirt 380x1.

Week 9: 430x2, 2. Pause with no shirt 390x1.

Week 10: 440x2, 2. Pause with no shirt 400x1.

Start using blast shirt when you need it. It should be around Week 7. If the weight is still light after Week 6, start adding all you can handle. Don't hold back now. After about Week 8, you should be using a little bit more weight than you can actually handle in competition. Do not bounce the weight, but arch your back, drive with your legs, and as soon as the weight touches your chest, explode up. The last workout, I use my pause without a shirt as my opener. I workout up to Thursday and get mentally prepared on Friday on contest week. If you feel overtrained, you may want to take Wednesday and Thursday off. On contest day, open with 380, 2nd- 415, 3rd- 425-430.

For a more advance workout including diet, supplements, sets, reps, workout days, recuperation methods, and mental preparation, send \$20 check or money order to: Greg Warr, Starrisehaven Apt 5, Clayton, AL 36016, phone 205-775-3847 or 205-775-8495.

This knowledge and beliefs helped me after working out 1 1/2 years bench 3 times my bodyweight drug tested and continued to progress. Now, my best is 3.3 times my bodyweight.

I would like to say that it is important to have a good training partner. I am lucky to have several very good partners. My brothers Bob and Steve and friends Billy, Cleve, Mark, John, Ricky, and the rest of the guys in Dothan help keep each other motivated and focused. Good Luck!

weights get heavier each week, you may have to continue to drop sets until the last couple of weeks you may only get one or two sets.

When the weights begin to get heavy, it will be important to get mentally prepared on Friday for Saturday's bench workout. Go over and over your workout mentally and convince yourself that you will get the reps. Get plenty of rest on Friday and drink plenty of liquids, especially fruit juices. By Week Seven you may need to use a blast shirt. Make sure it is tight fitting.

I am going to write out the recommended poundages for the bench press for the cycle. It is based on a 400 pound max. Remember, everyone is different and will progress at different rates so this is only a guide. Also, use your own judgment on warmups. I think more