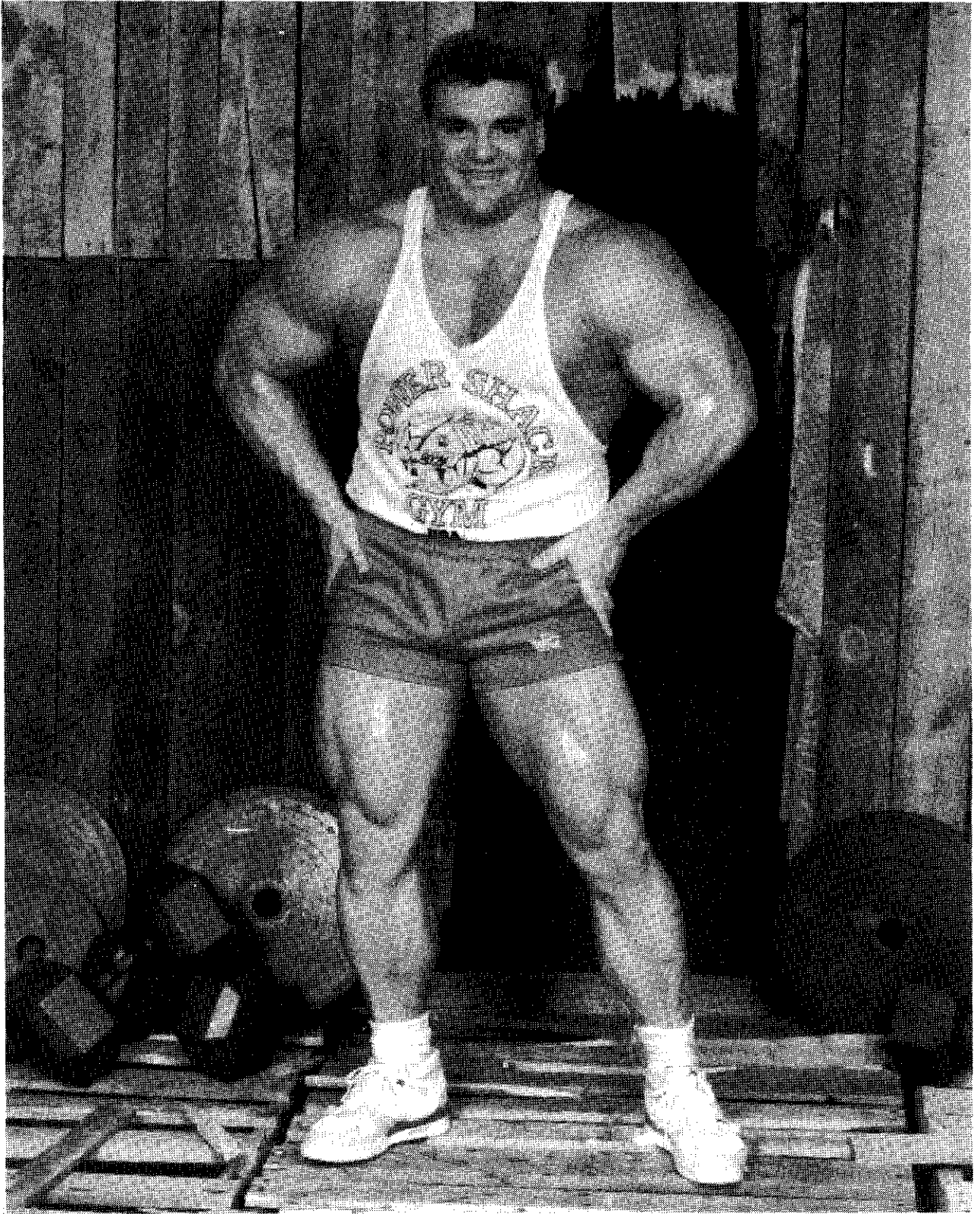


**ADD 50 TO 75 LBS
TO YOUR
BENCH PRESS
GUARANTEED**

Authored by Kenneth Lain
Written by Thomas Banisch



Kenneth Lain—The Greatest Bencher of All-Time!
Displaying awesome muscular shape, size and definition
even at a bodyweight of 294 lbs.

THE MIGHTY TEXAN

Kenneth Lain is without a doubt The Greatest Bench Presser of All-Time. Epitomizing the essence of good sportsmanship, this Mighty Texan is hailed as a True Champion by all who encounter him. To date, he has officially earned the distinction of completing the Biggest and Heaviest Bench Press ever recorded at 708lbs. (Longview, Texas - October 7, 1989).

Kenneth also happens to be the World Record Holder in the 275lb. weight division with an awesome lift of 665lbs. The Mighty Texan has broken the World Record in this division four times in a row - three of which were his own records.

He seeks to also conquer the 242lb. weight division Bench Press World Record as he plans to reduce his current body weight of 294lbs. This unprecedented accomplishment will make Kenneth the first man to ever simultaneously hold World Records in three separate heavy-weight divisions.

Everything you will need to know in order to substantially increase your current Bench Press max lies within the pages of Kenneth Lain's Training Manual Course "Add 50lbs. to 75lbs. To Your Bench Press GUARANTEED". This course has been proven effective by hundreds of Strength Athletes all around the world. Be prepared to count yourself among these extraordinary athletes as you implement the principles, methods and techniques Kenneth Lain seeks to teach you in this course. Success is imminent!

Welcome to this course on how to increase your bench press, and congratulations on having the character to do what only very few are ever willing to do: invest in yourself by acquiring knowledge and know-how to do better.

In this course, I will explain how you can increase your present bench press maximum one repetition lift by at least 50 pounds or more. This course is designed to be used several times within your lifting career. Therefore, I am confident that you will indeed increase YOUR bench press beyond your wildest dreams.

Assuming that you already know how to bench press, I will concentrate on explaining how to increase your bench press by discussing the following topics: 1) the Program Matrix - which will specify the exact poundages to be used in your bench press workouts, 2) Assistance Work, 3) Nutrition, 4) Specialized Techniques, 5) Training Aids, and 6) the Psychological Factor.

Many of the topics discussed may conflict with your current techniques and practices. Therefore, I urge you to keep an open mind and prepare to change if necessary. In order for you to realize success with this program, you are most likely going to have to bring any of your contrasting practices and techniques into conformance with mine outlined within this course. This system works. Hundreds of bodybuilders, powerlifters and strength athletes in general have used my system to successfully increase their max bench press. You will become one of them! However, it will be very important for you to follow my advice and directions outlined herein to the letter. It is my function to explain to you what to do and how to do it. It will be your function to correctly act upon my recommendations so that you will realize success. Let's begin!

The Program Matrix

In this section of the course, I will introduce you to the actual 10 week Matrix breakdown of the bench press program routine you are going to follow. After computing your exact poundages specified on the Matrix breakdown, be sure to write out the 10-week program for constant reference.

This program is designed to include one heavy day of training and one light day of training. On your light day of training do only 80% of what is used on your heavy day (as illustrated on Matrix).

Do exactly what the program stipulates - nothing more. There will be days when the weights you are using will feel too light. You will feel like adding weight or doing more assistance work. But do NOT! As you progress through your program, the weights will become heavier and heavier. Your body will be able to accommodate these heavier poundages only because you have not pushed yourself into over training. Later on I will show you how to incorporate your assistance work within the program Matrix.

Below is the actual 10 week Matrix you are going to follow. This routine is computed on a percentage basis of your expected or desired Max bench. In this case, we assume the lifter is shooting for a 550 lb. Max at the end of the 10 weeks. His present Max is 500 lbs.

WEEK 1: Monday (Heavy Day) 55% of Projected Max. Do 2-3 light warm-up sets; then 3X10X300 lbs. (3 sets, 10 reps, 300 lbs.)
*Heavy Assistance Work

Thursday (Light Day) Do only 80% of what is used on heavy day. Do 2-3 light warm-up sets; then 3X10X240 lbs. (3 sets, 10 reps, 240 lbs.)
*Light Assistance Work (80% of what is used on heavy day.)

Week 2: Monday (Heavy Day) 60% of Projected Max. Do 2-3 light warm-up sets; then 3X9X330 lbs.
*Heavy Assistance Work

- Thursday (Light Day) 80% of heavy day. Do 2-3 light warm-up sets; then 3X9X264 lbs.
*Light Assistance Work (80% of heavy day assistance work.)
- WEEK 3: Monday (Heavy Day) 65% of Projected Max. Do 2-3 light warm-up sets; then 3X8X355 lbs.
*Heavy Assistance Work
- Thursday (Light Day) 80% of heavy day. Do 2-3 light warmup sets; then 3X8X284 lbs.
*Light Assistance Work (80% of heavy day assistance work.)
- WEEK 4: Monday (Heavy Day) 70% of Projected Max. Do 2-3 light warm-up sets; then 3X7X385 lbs.
*Heavy Assistance Work
- Thursday (Light Day) 80% of heavy day. Do 2-3 light warmup sets; then 3X7X308 lbs.
*Light Assistance Work (80% of heavy day assistance work.)
- WEEK 5: Monday (Heavy Day) 75% of Projected Max. Do 2-3 light warm-up sets; then 3X6X410 lbs.
*Heavy Assistance Work
- Thursday (Light Day) 80% of heavy day. Do 2-3 light warmup sets; then 3X6X328 lbs.
*Light Assistance Work (80% of heavy day assistance work.)
- WEEK 6: Monday (Heavy Day) 80% of Projected Max. Do 2-3 light warm-up sets; then 3X5X440 lbs.
*Heavy Assistance Work
- Thursday (Light Day) 80% of heavy day. Do 2-3 light warmup sets; then 3X5X352 lbs.
*Light Assistance Work (80% of heavy day assistance work.)
- WEEK 7: Monday (Heavy Day) 85% of Projected Max. Do 2-3 light warm-up sets; then 2X4X465 lbs.
*Heavy Assistance Work
- Thursday (Light Day) 80% of heavy day. Do 2-3 light warmup sets; then 2X4X372 lbs.
*Light Assistance Work (80% of heavy day assistance work.)
- WEEK 8: Monday (Heavy Day) 90% of Projected Max. Do 2-3 warmup sets; then 2X3X495 lbs.
**No Assistance Work on this day (Go home and rest!)
- Thursday (Light Day) 80% of heavy day. Do 2-3 light warmup sets; then 2X3X396 lbs.
**No Assistance Work (Go home and rest!)

WEEK 9: Monday (Heavy Day) 95% of Projected Max. Do 2-3 light warm-up sets; then 1X2X520 lbs.
**No Assistance Work (Go home and rest!)

Thursday (Light Day) 80% of heavy day. Do 2-3 light warm-up sets; then 1X2X416 lbs.
**No Assistance Work (REST!)

WEEK 10: Monday (Meet Day) 100% of Projected Max. Do 2-3 light warm-up sets; then First attempt 500 lbs., Second attempt 530 lbs., Third attempt 550 lbs.

After completing this program, give your body a chance to rest by doing only regular work-outs. Do this for a month, at which time you will be ready to start a new program Matrix.

In this program you will be training less as far as sets and reps are concerned. However, you will discover that you may be more sore and fatigued after the work-out.

You are probably familiar with the conventional pyramid routine taught in most weight training courses, manuals and books. For example; a conventional pyramid squat routine might look similar to this:

1 set of 135 lbs. X 10 reps
1 set of 225 lbs. X 10 reps
1 set of 315 lbs. X 8 reps
1 set of 405 lbs. X 5 reps
1 set of 495 lbs. X 3 reps

This type of pyramid routine is often used by coaches to strengthen their athletes, and by many bodybuilders seeking to tone their muscles. Personally I do not recommend training like this for the following reason. By the time you are finally ready to do the heavier weights (in this case 495 lbs. X 3 reps), the fibers of the muscles involved have already become so fatigued and taxed by all the previous sets that you are not able to perform optimally. Thus you really do not get the overload factor needed on the muscles involved to significantly increase your power. Training

like this will prevent you from doing the best you could potentially do otherwise.

It is at this point where my theory of increasing total power will come into play. As you can see on the Work-out Matrix Program, I allow for some initial warm-up sets to bring blood to the muscles in order to prevent injury. Immediately thereafter, however, you are required to train with the heavier weights to start out. Training in this fashion will substantially add to your total power in short time. You will tax all fibers of the muscles as quickly as possible in only three sets, thereby, utilizing the essential overload principle necessary to increase power.

Strict adherence to the instructions outlined on the Matrix Program will enable you to increase your present bench press by at least 50 lbs. In the next section, I will explain the importance of assistance work in your Matrix Program routine.

Assistance Work

The bench press is commonly referred to as THE KING of all exercises simply because it involves the use of every major upper body muscle group. However, most people fail to recognize the importance of the lower body's contribution to a successful bench press performance.

Many lifters are guilty of training only their upper body muscle groups, especially novice bodybuilders who are interested only in increasing the size of their chest, shoulders and arms. They fail to recognize that a good leg routine will actually increase upper body strength and size. If you are serious about dramatically increasing your bench press max, you must train the whole body to include legs.

Your assistance work will be divided into push days and pull days. Push days will involve chest, shoulders and tricep assistance exercises; and will be done on both your heavy and light bench press days (see Matrix). Pull days will involve back and bicep assistance exercises and should also be done twice a week (ie; Tuesdays and Fridays). I recommend that you train your legs only once a week. And depending on your preference, you may either work the legs on your heavy pull day or insert an extra day (ie; Wednesday) in your weekly schedule devoted solely to training legs.

Although you will be increasing your bench press poundages by 5% from week to week, it will not be necessary for you to also increase your assistance work poundages. Just be sure to perform each given exercise as strictly as possible with regard to proper movement. Understand that the assistance work itself calls for both heavy days and light days, also. This means that on your light assistance work days do no more than 80% of the poundages used on your heavy assistance work days. Only in this way will the 5% weekly increases in your bench press poundages called for in the Matrix program be attainable.

In doing your assistance work, the "rule of thumb" to remember is 12 total sets for big body parts and 9 total sets for small body parts. You should include your bench press sets within those specifications.

Mondays (Heavy) - Thursdays (Light): Push Day

Assistance work should include:

The Bench Press itself (see Matrix Program)	
Flat Dumbbell Flyes	4 sets of 10 reps
Weighted Dips	4 sets of 8-10 reps
Military Presses	4 sets of 8-10 reps

Front Lateral Raises	4 sets of 8-10 reps
Close Grip Bench Press	4 sets of 8-10 reps
Tricep Push Downs	4 sets of 8-10 reps

*(Be sure to choose weights that are light enough to ensure proper form, but heavy enough to tax all fibers of the muscles being worked.)

Tuesdays (Heavy) - Fridays (Light): Pull Day

Assistance work should include:

High Lat Pull Downs	4 sets of 10 reps
Pull-ups	4 sets of 10 reps
*(Alternate these two exercises; doing either one or the other on separate days-Pull days.)	
Dumbbell Pullovers	4 sets of 8-10 reps

Seated Cable Rows	4 sets of 8-10 reps
Bent over Barbell rows	4 sets of 8-10 reps
*(Same as above - Alternate these two exercises between the 2 Pull days - doing either one or the other.)	
Barbell Curls	4 sets of 8-10 reps
Dumbbell Curls	4 sets of 8-10 reps

Legs: (As stated earlier, you may either work your legs on your heavy pull day or insert an extra day within your schedule ie. Wednesdays, entirely devoted to leg work.)

Squats - Warm-up sets - 3 heavy sets between 5 and 8 reps, increasing poundages week to week.

Leg Extensions	5 sets of 12 reps
Leg Curls	4 sets of 10 reps
Seated Calf Raises	5 sets of 12 reps

As shown and stipulated on the main Bench Press Matrix Program - be sure to cease all assistance work by the 8th week of the routine. At this point in the routine, the poundages will be so heavy that assistance work would become counter productive.

The importance of proper recuperation cannot be stressed enough. Therefore, on the days you are instructed NOT to train, make darn sure that you rest and relax. Refrain from any physical activity whatsoever

on these days to include; tennis, basketball, water skiing, etc. If the body is not given ample time to recuperate after strenuous physical exertion, there is no way that it will improve. As the poundages called for in the program matrix increase from week to week, your body will require every minute outside of training to gear itself up for the next training session. Be sure to insist on no less than 7-8 hours of sleep each night. It is your objective to add at least 50 lbs. to your present max bench press; therefore, follow my recommendations to the letter!

Nutrition

Thus far, I have explained to you the importance of proper training and proper rest. Equally as important is the area of nutrition. These days, so much is written and talked about on the subject of nutrition that it has almost become mundane. However, I cannot stress enough about the importance of proper nutrition. Next to God Almighty, good nutrition, more than anything else, is probably the deciding factor in my ability to consistently and systematically break world records.

Because of proper nutrition, I have propelled my max bench press from 525 lbs. to 708 lbs., in less than a two year period. Not only do I have the distinction of holding the World Record in the Biggest Bench Press ever recorded (708 lbs.), I am also the World Record holder in the Bench Press in the 275 lb. weight division with a lift of 661 lbs. Having broken my own world record in the 275 lb. weight division three times in a row, there is no doubt in my mind that good nutrition was vital to my performance.

If you want to build a solid mud structure, you need straw to hold the mud together. If you do not use the straw, the structure will crumble.

Think of your body the same way; your body being the mud and proper nutrition being the straw that holds it all together.

If you are currently at a sticking point in your training, chances are that lack of good nutrition is the reason. I, myself, underestimated the importance of good nutrition for a long time. I did not make significant progress towards becoming the Greatest Bench Presser of All Time until I recognized that good nutrition is as important as training and rest. (TrainingXRestXNutrition=Massive Gain.)

I do not want to mislead you however. I am guilty of eating junkier than I should. During my Bench Press training cycles, I will eat everything from brownies to pizza. Am I contradicting myself in attempting to convince you of the importance of proper nutrition while at the same time being guilty of improper dietary habits? Not exactly! The advent of quality vitamin and supplement products in today's fitness market conveniently makes it possible for me to ensure proper nutrition, even though I may be consuming some of the wrong foods. It has been my experience that you can get away with eating "junkier" if you are taking good vitamins and supplements throughout the day.

Muscle tissue is composed of protein. The protein molecule is composed of units called amino acids. There are over 20 amino acids known, of which, 10 are essential and must be obtained from your diet. These essential amino acids must be provided in the diet since the body is unable to synthesize them.

Therefore, in order to rebuild muscle tissue torn down during intense training, you must include amino acid supplementation to your current diet to ensure complete recuperation.

With the onslaught of so many vitamins and supplement products flooding the market today, it can be very difficult to find quality products that really work. To purchase the correct vitamins and supplements today is like finding the proverbial "needle in the haystack". Unscrupulous manufacturers and private label concerns are taking advantage of the popularity of supplements, and knowingly selling fraudulent products at fractions of their stated claims. A recent laboratory analysis by a U.S.P.A., F.D.A. and E.P.A. approved laboratory done on a so called "Amino 1900 Mg" yielded only 215 Mgs per tablet that should have 1900 Mgs. The product contained only 11% of what was stated on the label.

Personally, I am very careful about which products I will use in order to avoid falling victim to these crooks. I wasted a lot of time experimenting with cheap vitamins and supplements. After being burned time and time again, I finally realized that you get what you pay for.

I use, fully recommend, and proudly endorse the products of only one vitamin company. Several vitamin and supplement companies tried to solicit my endorsement of their products after I broke my first world record. However, being an honest man, I feel it is important that I reserve my exclusive endorsement only for the products which I actually use. Based upon my achievements, there is no doubt in my mind that the products of Leader of the Pack vitamins and supplements work! They are one of the only companies out there that details exactly what their Enzymatic Digest Yields. They list right on the side of the labels what the nitrogen content and the percentage of Dipeptides, Tripeptides, and Free Form amino acids are.

I know that I may be sounding like a commercial; however, that is not my intention. You invested in the information herein to find out how you can substantially increase your present max bench press by at least 50 lbs. Therefore, it is my obligation to you to provide you with all the hints and pointers which will make that goal a reality.

When training for a World Record Bench Press, I don't have time to waste on any products that are questionable. I demand the best, and Leader of the Pack vitamins and supplements are the only products I will ever use, and I encourage you to find out for yourself. Rest assured, after you break your first personal Bench Press Record, you will swear by Leader of the Pack vitamins and supplements, as I do.

Depending on how well you eat, you should probably include the following vitamin and supplement products to your regular training regimen. The truth of the matter is that quality vitamins and supplements do work and will enhance your performance. To think otherwise would be to fool yourself.

For best results in attaining the 5% weekly increases in your bench press poundages, I recommend the following Leader of the Pack vitamin and supplement products:

1. Hardcore Anabolic Formula Pack - A must to ensure complete nutrition. Derived from 100% natural sources to include Gamma Oryzanol, L-Caritine, Beta Sitosterol, pure inosine, amino acids and BCAA's. This vitamin formula pack is second to none.
2. Pure Metabolic Energizer - In order to Turbo-Fuel my system to handle poundages in excess of 600 lbs. in the bench press, I require a complete optimizer formula to reach my peak performance level. This product not only provides the fuel I need to surge through my monstrous workouts, but also contains a recuperating formula to aid in muscle-building protein synthesis. To prevent that all too familiar burned-out feeling, this is the best product available today.

3. Super Amino 2000 - The purest Amino Acid product Available! This product contains pharmaceutical Grade free form and Peptide Bond Amino Acids from 100% Natural Enzymatic digest of Lactalbumin and Egg Albumin, fortified with pure Gamma Oryzanol - the ultimate GH releaser.
4. Massive Muscle Gainer - The ultimate weight gain formula ever developed. I used this awesome product when I increased my body-weight from 275 lbs. to 295 lbs. in order to break the World Record Heaviest Bench Press ever recorded. As a result I was able to compete in the Super Heavyweight Class to achieve the Greatest Bench Press of All Time (708 lbs). A must for any athlete wishing to gain weight.

When training for increased power, size and strength, you must avoid the common trap of too little quality nutrition in your regimen. These products, which I use, and proudly endorse, will ensure that you always have more than enough.

Techniques to Better Your Bench

In this section of the course, I will review several techniques you should use to better your bench. These techniques will include the following: staying tight throughout the Bench Press Movement, hand spacing, use of a spotter, breathing, the arc movement of the bar and arch in your lower back.

Your ability to stay tight throughout the bench press movement will be vital in your quest to increase your bench press. The only way to reach the degree of tightness required to explode through a single rep max is to develop a natural arch in your back during the exercise. This arch will be created naturally when you narrow the distance between your hips and shoulders while lying on the bench. All great benchers have mastered this technique in order to perform at their best. Done correctly, the arch will be centered at the small of your lower back allowing daylight

to be seen between your lower back and the bench itself. Doing this will enable you to stay as tight as possible and allow you to drive with your powerful legs without lifting your butt off the bench. You will notice immediate power in your overall bench press after you master this technique. As discussed earlier, the power generated by your legs will significantly contribute to your ability to press the bar off your chest.

Hand spacing on the bar is also very important. If you do not currently train using a wide grip, try to do so from now on. The wider the grip, the shorter the distance that the bar has to move in order to complete the lift, thereby allowing you to push heavier weight.

If you are planning to compete in organized meets, recognize that there are official limits to how wide you may space your grip on the bar. These limits sometimes vary from region to region.

Next, it will be important for you to avoid flaring out the elbows during the bench press movement. In order to allow your powerful lat muscles (back muscles) to contribute to the lift, you must learn to keep your elbows as close to the body as possible during the lift. Practice this technique with a light weight. Bring the bar down to your chest keeping the elbows inside as close to your body as possible. At this point, your powerful upper arms will be nudged up against your powerful lat muscles which are folded underneath you. (Remember that during all this, you are remaining as tight as possible.) Now, when the command to press is given, you will flair your lat muscles, thereby propelling the bar far enough off your chest to allow you to use your powerful chest, shoulder and tricep muscles to complete the lift. To be able to move massive poundages off your chest, you are going to have to learn how to

use your powerful back (Lats) muscles in the movement. Practice this technique over and over again until you feel comfortable with it.

Re-emphasizing the importance of staying tight, be sure never to relax at any point during the movement. Stay tight throughout the movement, just like a rubber band, so that when the command is given to press, all you're thinking of is total explosion. This total explosion factor will generate enough momentum to carry you through most any sticking point. It will be important for you to learn how to pause the weight at your chest during the bench press. All competitions require at least a one second pause before the command to press the weight is given. Do not let this scare you. In time you will actually find that you are able to press more weight by pausing the bar and exploding off the chest as described earlier.

In order to properly set-up on the bench while maintaining both the arch in your back and overall tightness, you will require a good spotter to lift the bar off the racks so that you can perform. Attempting to take the bar off the racks yourself will only throw you off cue, so always use a spotter.

Now that you are as tight as possible, set on the bench with a natural arch in the small of your lower back - the spotter hands you the bar. It will now be important for you to know how to breathe properly throughout the movement. After the spotter helps you out of the racks with the bar, take 1/2 a breath of fresh air before starting the downward movement. Then, as you are lowering the bar towards your chest, take in the remaining 1/2 breath of fresh air. Since you are already tight, taking in this

fresh air will actually compound your tightness to make for the greatest possible explosion factor, as discussed earlier. Now, hold this air in throughout the pause, being sure not to relax or exhale. After the command to press is given, first, explode the bar off your chest, then exhale during the movement upward.

The next technique is very useful if you experience a lot of sticking points during the bench press movement. It involves what I call the Arc Movement of the bar. This principle is easily illustrated and understood. During the bench press, you will bring the bar down to your chest, just below the nipple line. Then, upon pressing the weight, push both upward and backward at the same time so that the bar will be positioned above either your chin or nose at lock-out. In order to master this technique, you will need to practice and find a groove to work into. Properly executed, this technique will allow the bar to kind of float through any sticking points you may have. The theory behind the Arc Movement of the bar is that it shortens the distance to reach lock-out.

Practice each of these techniques until you feel comfortable using them. The Matrix Bench Press Program shown earlier will allow you to significantly increase your bench press even if you do not entirely master these techniques. But for best results, master as many of them as possible.

Training Aids

Preventing injury will be the key to your longevity as far as any type of weight lifting is concerned. Tearing a pectoral muscle, pulling a ligament in your shoulder, or spraining a wrist may put you into early retirement. Therefore, take every precaution possible to protect yourself

against injury. Thanks to the development of many products ranging from bench press shirts to lifting belts to wrist wraps, it is rather simple to minimize the risks of severe injury.

The products do cost money. However, to me it is my number one priority to remain injury free to preserve my longevity, no matter what the cost.

Let's face it, no matter what the experts say, a severely injured body part can never grow back to its former strength. I have seen many mighty benchers tear pecs simply because they were too stubborn to invest in the proper gear. Before injury, they were able to sling 400-500 lbs. around like child's play. Now, even after full recovery, they have problems handling weights in excess of 250 lbs. Avoid stupid mistakes such as this by investing in the proper training gear.

I recommend the following training aids to enhance your performance and to protect yourself from injury.

The Inzer Blast Shirt - is ideal for bench pressing and drastically reduces the risk of serious injury to the pectoral or deltoid muscles, even when handling poundages in excess of 700 lbs.

A Power Belt - will prevent serious injury to your lower back and will aid in the development of the arch technique discussed earlier. A must once you start handling heavy poundages.

Wrist Wraps - are also essential since they support the smallest connecting joint in the bench press movement.

Knee Wraps - will protect your knees during heavy leg squats and will give you added confidence to allow you to really blast through the heavy poundages.

Deadlift Straps - As you become more and more advanced, your powerful lat muscles will become so powerful that usually your grip fatigues before your lats during lat pull downs, pull ups or bent over rows. These ingenious devices enable you to tax your back muscles even though your grip may weaken throughout the set.

These training aids will allow you to perform better and lift longer. Power Shack Gym offers the best quality products at super low prices when it comes down to buying lifting gear. Call them at 601-392-4792 for a free catalog.

The Psychological Factor

The fact that our mind plays a large role in our performance cannot be denied. I have developed psychological techniques which benefit me immensely in my training performance. And so should you! Make it your mission to utilize performance enhancing mind techniques to better your overall training. Remember, it is your objective to totally increase your bench press time and time again. You shouldn't let anything prevent you from attaining that desired result.

It is of utmost importance that you feel positive and confident about your ability to achieve your goal of an increased bench press. Even when everyone else is trying to discourage you and undermine your positive efforts.

When I was training to break Ted Arcidis' all-time heaviest bench press of 705 lbs, I was constantly bombarded with negative elements. Even my closest friends doubted my ability to break the record.

As you already know, I did break the record. I easily pressed 708 lbs. only because I had used mind techniques, which enabled me to ignore negative influx and concentrate on the business at hand.

You, too, can quite easily take advantage of and master the breakthrough learning technique I am talking about. First you need to know that your mind is really two minds, the conscious mind and the subconscious mind.

The conscious mind is essentially the logical mind, and its principle function is to screen out, reject and protect you from input that it sees as illogical and/or in disagreement with the assumptions it already has.

The subconscious mind is emotional energy, and has no ability to tell the present from the future or the truth from fiction.

Your subconscious mind is a powerful computer, programmable through repetition to retain whatever information and ideas you need and to attract the opportunities you need. Therefore, we can use repetitive positive mind techniques to re-program our subconscious mind, which in turn will influence our conscious mind to bring about a desired result, in this case an increased bench press max!

This is all pure science. There are scientific explanations for how this works; however, it is my opinion that these are not important enough to take up time discussing. What is important is that this process does work, and can work to your advantage once you employ the right techniques.

Conclusion

At the time of this writing, I hold the World Record Super Heavyweight All Time Biggest Bench Press ever recorded of 708 lbs. I am also the current World Record holder in the Bench Press in the 275 lb. weight class with a lift of 661 lbs. It is also my ambition to capture the 242 lb. weight class World Record Bench Press.

In conclusion, I would like to share with you my personal philosophy of why I am so successful in my lifting career. Far from being what you might call a "Holy-Roller", or a very religious man, I owe all of my success to God Almighty through his Son, Jesus Christ. God is why I am what I

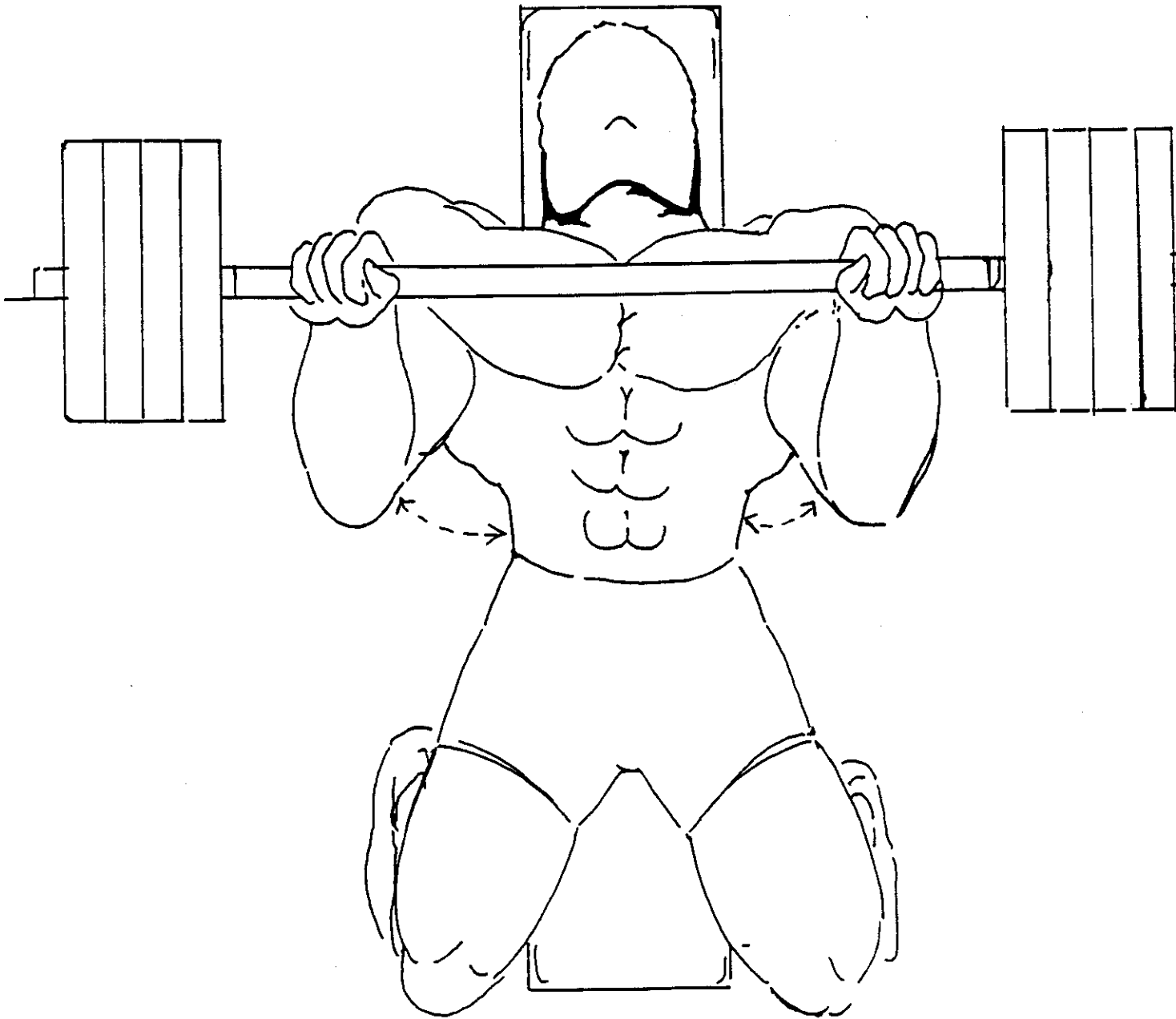
am, and not for a second will I ever take credit for my super-human achievements without giving the Glory to Him!

I sincerely believe that a good relationship with the Lord will give you the power when you need it. It is His wisdom which directs my actions to implement the principles and techniques mentioned herein to yield my World Record lifts.

Whether or not you have a relationship with God Almighty is your business, but since I am The Strongest Man in the World, and since you paid good money to find out how I have earned that distinction, for your own benefit, I thought it very important to tell you why I am!

God Bless You! I wish you much success with this course. I am very confident in your ability to increase your bench press by at least 50 lbs., upon putting the principles, directions and techniques discussed into action.

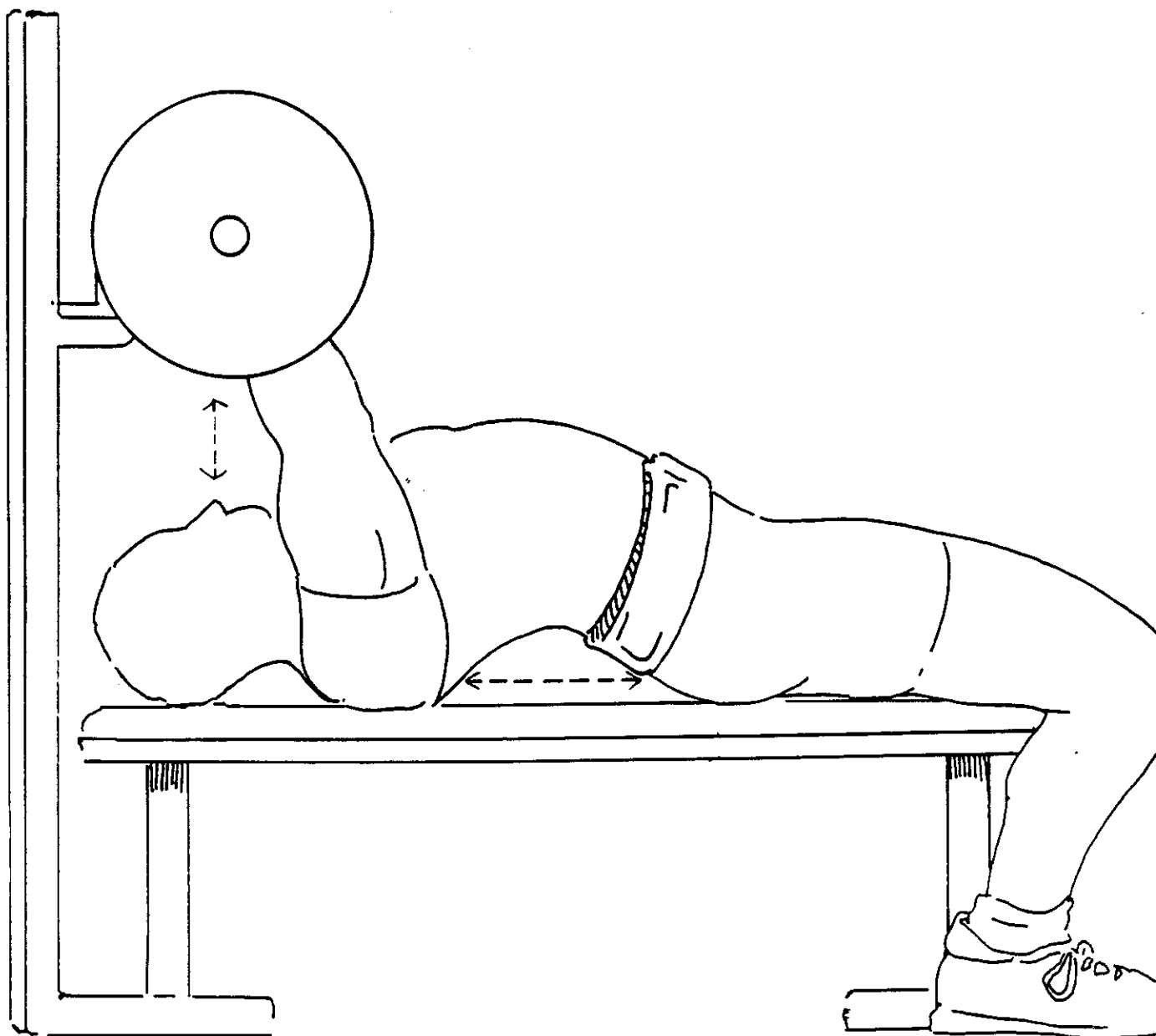
Avoid flaring out the elbows during the Bench Press Movement



As illustrated, try to keep elbows as close to the body as possible in order to allow your powerful back muscles to contribute to the lift. (reference page 13).

(A)

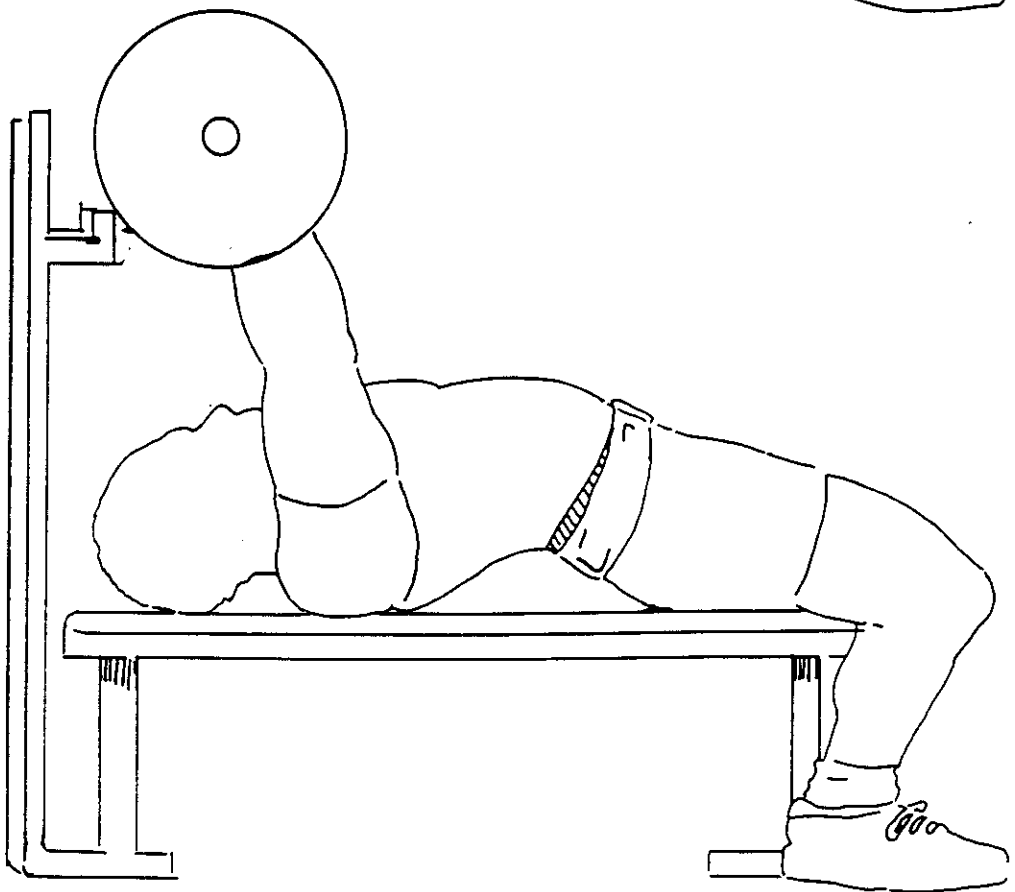
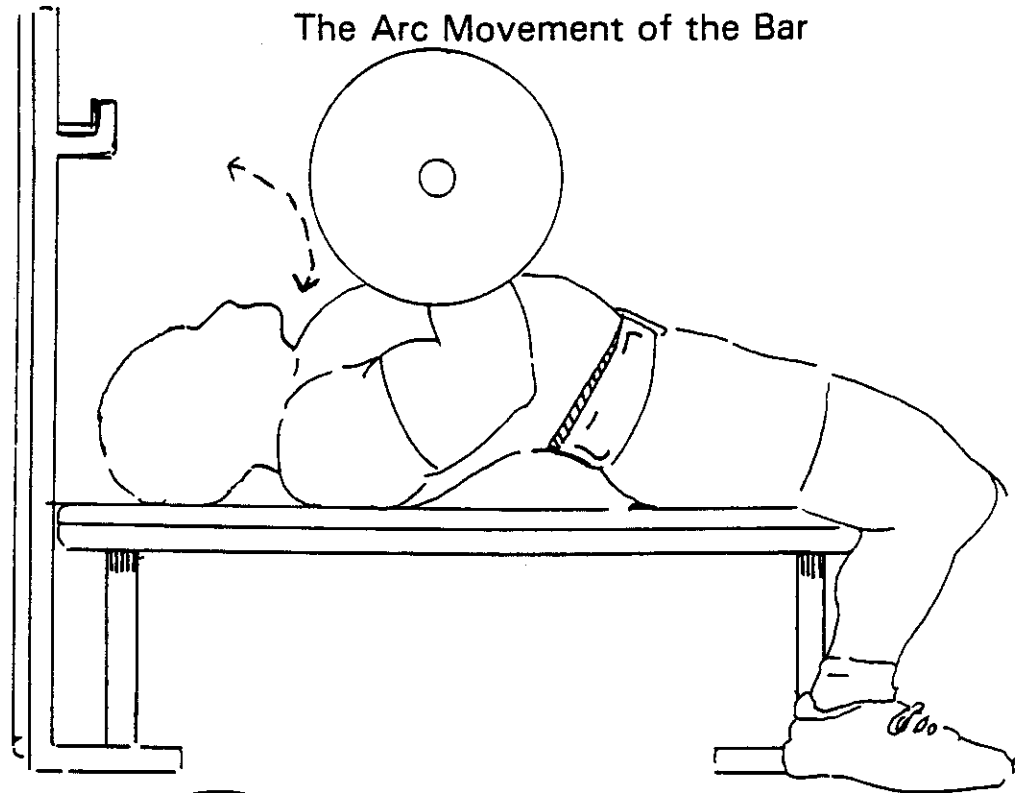
The Natural Arch



To reach the degree of tightness required to explode through a single rep max, you should develop a natural arch in your lower back during the movement. As illustrated. (reference page 12).

(B)

The Arc Movement of the Bar



Bring the bar down to your chest, just below the nipple line. Then, upon pressing the weight, push both upward and backward so that the bar will be positioned above either your chin or nose at lockout. (reference page 15).

(C)