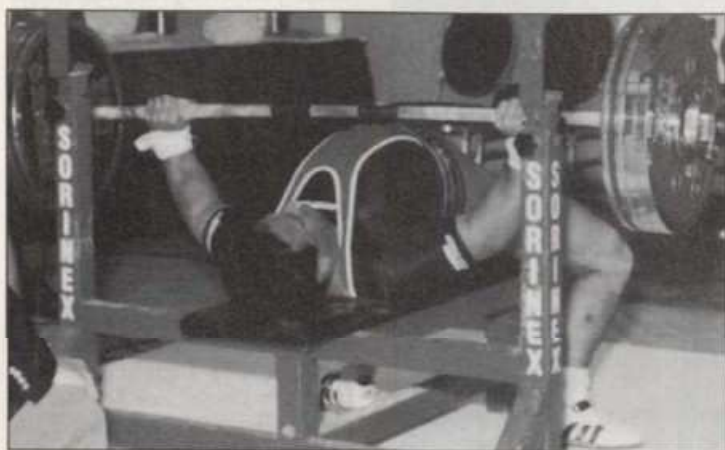


# WORKOUT of the Month

I feel that I only need to train the bench one day per week. If the intensity of each workout is sufficient, then your body will feel like it needs that period of time to recuperate back to that strength level. If you are a full (three lift) powerlifter like myself, then I would strongly consider just one day for the bench.

## Rob Arciuolo DMD BENCH ROUTINE -Emphasizing Technique- as told to PL USA by Robert Arciuolo, D.M.D.



*Rob Arciuolo breaking the USPF PA State record with 501 lbs. en route to a Silver Medal at the 1997 USPF Sr. Nationals. (Arciuolo)*

The last phase of a cycle will last for 6 weeks before a contest. To simplify matters, I will give an example of a lifter capable of 400 lbs. and write a routine that will increase the max lift by 5%. Percent training is more realistic because a 20 lbs. increase is a lot different for a 700 lb. benchman than a lifter capable of 135 lbs.

The first week will be 70% of the lifter's projected max which would be approximately 295 lbs. (based on 420 lbs.) which should be performed for 15 reps. I prefer to keep the reps low and sets high for 2 reasons. First, the lifter has more opportunity to work on technique and, second, less of a chance of losing focus during the last few reps of the set.

The recommended sets and reps would be 5 sets of 3 reps. After the main goal is now achieved, any accessory work included consists of only close grips and tricep push-downs for 3 sets of 8.

The second week would be 75% or approximately 315 lbs. performed for 12 reps which transfers for 4 sets of 3 reps. Remember to focus on technique and intensity for each set. The assistance work remains the same and you could vary

the sets and reps according to how your body feels.

The third week is a very important week because this is when the lifter must perform 80% of the projected max without any supportive gear. I recommend trying to perform 4-5 sets of 2 reps, which is 335 lbs. (80% of 420 lbs.) This week will give the lifter an idea what he can perform without a shirt. This is also the last week for assistance work. I prefer not to give percents or poundages for assistance work because I believe there is minimal transfer from assistance strength to bench strength.

The fourth week is the most critical workout because this is when the bench shirt must be incorporated and the lifter must acclimate to this apparatus.

Try a 6 week cycle before this cycle so you know what to expect when a bench shirt goes on in the 4th week. I personally get 10-15% from my bench shirt which is usually about one size bigger than the size I use at a meet. Since I know 10% is guaranteed, I choose to bypass 85% and go straight to 90% or 380 lbs. I prefer to just do 4 singles with this weight and terminate the assistance work.

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)

Adjust your opener according to how the 400 felt on week 5. If it didn't work, open with 375, and try 400 - 405.

Feel free to contact me for a more personalized routine or information on obtaining technical tips: Robert Arciuolo, DMD, 10 S. Clinton St., Doylestown, PA 18901.

The fifth week requires 95% which is 400 lbs. if for 1 set and 1 rep. If it feels like you are capable of performing multiple singles with it, then you're ready for your projected max.

The sixth week is the meet. The attempts would be 400 - 420 - 425.

I would like to thank my wife for her support and commitment to help me keep the fire burning which is most important for a lifter to progress. Also, Dominic and Joseph Marcellino for helping me with training workouts and tips. Lastly, I would like to thank the unknown lifters at meets for their help and support. Try to feed off anything positive and use it.

## Power People



*Victoria Arciuolo was a semi-finalist for Hot Skins Magazine this year, along with people like Dr. Chris Lydon. She has also placed in the top 3 at the USPF and (formerly) ADFPA Nationals the last 3 years. Vicki has also been ranked in the top 20 in 3 different weight classes over the last 4 years. Prior to her husband, Robert, getting her bit by the iron bug, she was a Philadelphia Eagles Cheerleader and a swimsuit model. Vicki is known for her optimistic and never-give-up attitude. She is always willing to help lifters at any meet she attends. Her husband Robert feels Vicki's support is what helped make him one of the top lifters at 181-198 for the last 5 years. (courtesy of Arciuolo)*