

This month we are going to close our upper back training series by showing you one possible way to peak your bench press for a three lift meet. You will be using upper back accessory exercises to increase your stabilization in the bench press. The trick is to work your bench press and upper back accessory work into your program in such a way that you maximize your bench press without hurting your peak for the other two lifts. What follows is one such peaking program. The description that follows shows the overall arrangement of training days and highlights the bench press and upper back accessory work. We are assuming a 280 lb. bench going into the program. You will train for 7 weeks and train 4 days each week. The training pattern should follow: Monday - Bench and Accessory; Tuesday - light Squat & Deadlift; Wednesday - Off; Thursday - Upper Back Accessory; Friday - Off; Saturday - Squat Bench & Deadlift; Sunday: Off.

7 Week Cycle

Monday: Bench/Accessories
 1. 30 degree Incline Dumbbell Press - at bottom palms face each other, dumbbells are parallel to body. Drive the dumbbells in a straight line to a point over the mid chest. At top dumbbells are

TRAINING

Upper Back Training to Peak Your Bench Press for a Three Lift Meet

as told to POWERLIFTING USA Magazine by Greg Reshel

end to end with palms facing your feet. 3 sets of 12 reps.

2. Bench Press (280 max) warm-up then, follow the set and rep plan shown in the upper table (below).

3. Decline Pullover/Tricep Extension - begin with bar on chest with 12-16" grip. Keep elbows bent as you carry the bar over your chest and chin and lower to a point slightly lower than the top of your forehead. Drive the bar up and over your chest to full extension of the arms. Lower bar to chest and begin again. 4 sets of 8 reps moderate to heavy. Cut to 2 sets week 6 and cut weight in half on week 7.

4. Barbell Front Raises - hold bar with competition grip 6" out from your body at the height of your lower rib cage. Keep bar 6" out from your body as you raise the

bar to the height of your forehead. 3 sets of 6 reps drop week 7.

5. Cable Crossovers 3 x 10 reps light weight and slow rhythm.

Thursday Back Accessory

1. Lat Pulldown wide grip to chin 4 x 8 reps

2. Lat Pulldown narrow grip to mid chest 3 x 10 reps

3. J Hook Lat pulldown to mid chest - Competition bench press grip. Pull bar down to a point 8 - 14" in front of your shoulders and then lean back to 30 degrees and pull bar in to mid chest. 3 x 8 reps. Drop in Weeks 6 & 7.

4. Underhand Grip Low Pulley Row to Lower Chest - 18-24" grip. Pause with bar at chest and slow release. 5 x 10 reps, drop week 7.

5. Seated Bent Forward Side Lateral Raises - Keep elbows close to torso as you raise dumbbells out

to side 4 x 6 reps. Drop weeks 6 & 7.

Saturday Squat, Bench & Deadlift

Bench Press warm up like a meet then follow the set and rep plan shown on the lower table (below).

Try this as part of one of your fall meet cycles and let us know how your lifting goes at the meet.

Good luck and if you have any questions please contact us at Power Excel - 2807 South Superior Street - Milwaukee, WI. 53207 - (414) 769-1211

NOTE - POWER EXCEL - is now offering a catalog of workout routines that you can choose from. Select the type of workout that best suits your needs and we will tailor it to fit your numbers and circumstances. Pick a type of routine: bodybuilding, three week minicycles, four week minicycles, six week minicycles, peaking, strength, power, foundation, rehabilitative, and many more, that interest you and we will customize that routine to meet your specific needs. POWER EXCEL is now putting you in the driver seat and organizing your training is as simple as shopping from a catalog. We are always available for questions, coaching, or advice. Give us a call and let us send you our catalog of training routines so you can make the most of your training time right now!!

Monday Bench Press Set/Rep Program (upper table)

	Set #1	Set #2	Set #3	Set #4	Set #5
Week 1	3 x 5 @ 165	2 x 8 @ 135	1 x 15 @ 115		
Week 2	3 x 3 @ 195	2 x 5 @ 175	1 x 15 @ 125		
Week 3	3 x 2 @ 205	3 x 5 @ 185	1 x 15 @ 135		
Week 4	2 x 2 @ 225	3 x 5 @ 185	1 x 15 @ 135		
Week 5	1 x 1 @ 215	1 x 1 @ 225	1 x 1 @ 235	3 x 5 @ 185	1 x 15 @ 135
Week 6	1 x 1 @ 215	1 x 1 @ 235	1 x 1 @ 255	3 x 3 @ 185	1 x 15 @ 135
Week 7	3 x 1 @ 185	1 x 10 @ 135			

Saturday Bench Press Set/Rep Program (lower table)

	Set #1	Set #2	Set #3
Week 1	2 x 1 @ 205	8 paused reps @ 155	1 x 15 @ 115
Week 2	2 x 1 @ 205	8 paused reps @ 155	1 x 15 @ 115
Week 3	2 x 1 @ 205	8 paused reps @ 155	1 x 15 @ 115
Week 4	2 x 1 @ 165	8 paused reps @ 155	1 x 15 @ 115
Week 5	2 x 1 @ 185	8 paused reps @ 155	1 x 15 @ 115
Week 6	2 x 1 @ 205	8 paused reps @ 155	1 x 15 @ 115
MEET!	115x6x2 sets	155x3	195x1
235x1	Open @ 265	2nd @ 285	3rd @ 300