

WORKOUT OF THE MONTH

KARA'S WORKOUT

Routine for a 500 pound bench press. Let me preface this workout by saying that as a former Olympic lifter I respond well to very high volume, and I'm also considered somewhat of an overtraining lunatic by my peers. Ryan Kennelly has graciously agreed to be my guinea pig on this routine, but he has informed me that I already ran off two of his training partners due to the exorbitant raw work loads.

Before I begin my shirted bench workout I perform an entire high rep raw routine (10, 8, 6, 4, 2, 5x5, etc.) alternating between full range and 2 boards every other week. I believe building and maintaining a raw foundation (on all lifts) is crucial, so try to get in as much unequipped volume as you can tolerate while you're warming up to your work weights.

If you feel overtrained, by all means make it a light day and work on your form and technique. Sometimes it's best to let your body dictate your recovery days rather than a calendar. Just be sure you're adequately rested for the contest so you can feel fresh and explosive on the day it counts the most.

I should also add that my training methods are constantly evolving almost to the point where I consider every routine to be somewhat experimental. I'm always learning new ideas to incorporate, and in this rapidly changing era in powerlifting there is certainly no one routine that fits all. But for an equipped bencher, who likes to train their butt off, is willing to try something alternative, and is aiming for a 500

pound bench press, give this routine a shot.

Train in your shirt and learn to master every fiber of it. Try to make all weights touch, but if you can't, just push the weight back up and try to touch on your next rep. The full range weights start off relatively light so you can establish precise groove, timing, and accuracy for when things get heavy. Chains should be set up so they are barely touching the floor at lockout.

WEEK 1: 365 + 40 lbs chain x 3 sets of 5

WEEK 2: 2 boards - 405x5, 430x5, 455x5

WEEK 3: 395 + 40 lbs chain x 3 sets of 4

WEEK 4: Rest week - just do raw work

WEEK 5: 2 boards - 485x4, 500x2, 1 board - 465x2, Full range - 450x1

WEEK 6: 425 + 40 chain x3, 450 + 40 chain x2, 470 + 40 chain x1

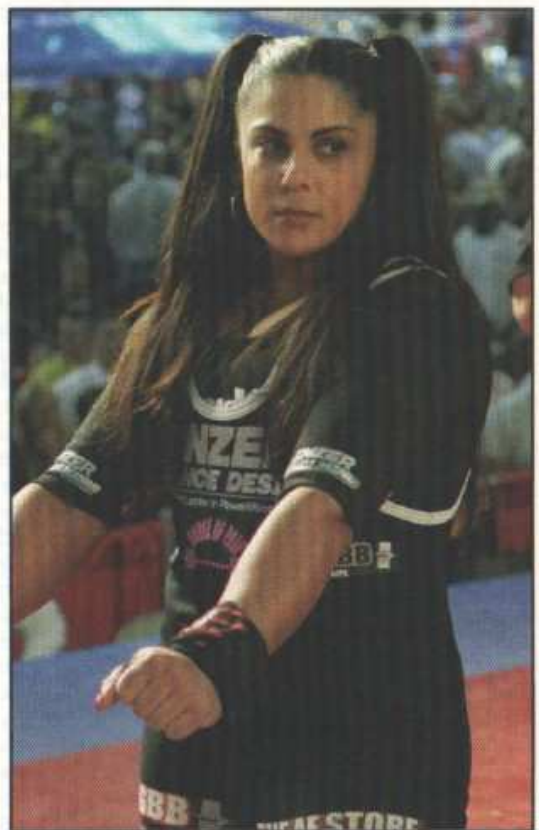
WEEK 7: 2 boards - 505x3, 530x1, 550x1, 1 board - 510x1, Full range -

Take a weight a little heavier than your opener with a pause and rack command. Being able to do this pre-exhausted will be a huge confidence builder for the meet.

WEEK 8: Rest week - light raw work

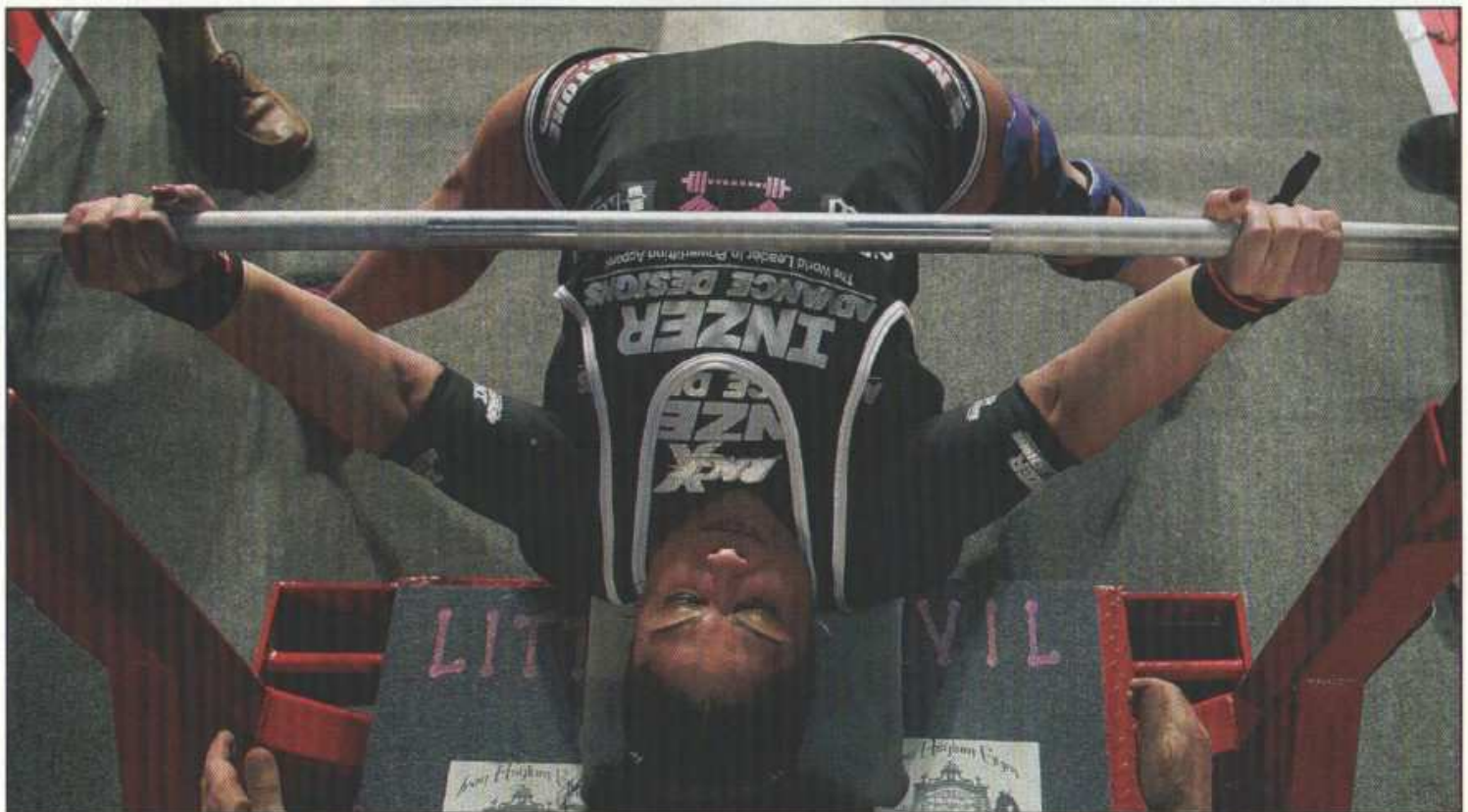
WEEK 9: Contest

On a separate assistance day, the main emphasis is on the standing overhead press. Other exercises include seated military press with no back support, side and rear lateral raises, incline dumbbell presses, weighted push-ups, and heavy tricep push downs. The standing overhead press should be performed as strictly as possible with absolutely no leg drive, just dead weight off the chest, and no bend in the back whatsoever. This will make embarrassingly light weights extremely hard so be sure to perform your OHPs when no one is looking! Most people are horrified at the weights they have to use on this exercise ... even compared to seated military press. For reference, being able to do either



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your bodyweight or half of your raw bench for one immaculate rep would be a huge feat. Cycle your reps in accordance with the contest. 12, 10 and 8 rep sets at the beginning of your training, 6 and 5 rep sets in the middle, then 3s, 2s and 1s until the meet. Play your volume and weight selections by ear, starting light and adding weight as your overhead strength and form improves.



A hybrid training plan ... Old and New ... she trains with chains along with a 1966 STRENGTH & HEALTH overhead pressing program