

WORKOUT of the Month

This is a twelve week training cycle meant to increase your bench press by thirty to forty pounds assuming you have a maximum bench press of 300 pounds (with no bench shirt). Your routine should be planned to incur a ten to fifteen pound increase each week, while decreasing the repetitions of each set by one per week, for twelve weeks.

Working backwards from 300 pounds, your starting weight should be approximately 180 pounds on the bench for three sets of twelve reps. Each set should be separated by approximately three to five minutes of rest. All reps should be done in strict fashion without any bouncing or foot movement. Your last two reps on your third set should include pauses for three seconds each.

Assistance:

Incline Bench: similar to the bench routine, however, the weights will be less. Most people have varying degrees of strength on the incline thus the weights you use should be adjusted accordingly. A good starting point might be approximately fifty pounds below your bench press workout weight. Again, begin your training cycle with three sets of twelve strict reps with three to five minutes between each set, again, pausing your last two reps of your third set.

Dumbbell Press: Same technique as above with five pound increases each week for twelve weeks. Be certain to lock out every rep and bring weight down as deep as possible. This will increase your explosiveness when pushing the bar off your chest while benching.

Negative Repetitions: This is a unique exercise that assisted in increasing my bench press over the years. Begin by working with a weight that is light, for the example of a 300 pound max, approximately 115 pounds. When bringing the weight toward your chest, bring it down slowly for a count of eight seconds. Pause the weight on your chest for one second and press the

Dennis Cieri Bench Routine



Dennis Cieri just broke the 500 lb. bench barrier at 198

weight upwards to a full lockout. As the weight is locked out, immediately begin your second rep and continue for three sets of twelve reps. By the end of your third set, you should be completely fatigued.

Shoulders: Seated dumbbell press at a ninety degree angle with weekly increases of five pounds per week. Bring the weight as low as possible and bring it up to a full lockout.

Triceps: Lying extensions; with the straight bar and gripping the bar in the center with your hands approximately six to eight inches apart, bring the bar slowly behind your head for a full tricep stretch and extend it straight upwards to a full lockout above your face. Standing cable pushdowns; When doing this exercise, remember to stand straight upwards and keep your elbows in against your ribs.

Week One: Monday - Bench 165 - 3x12 (10-15 lbs. per week increases and one rep per week decreases); Incline Bench 115 - 3x12 (15 lb. per week increases and one rep per week decreases); Dumbbell Press 50 - 3x12 (5 lb. per week increases and one rep per week decreases); Negatives 115 - 3x12

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)

(5-10 lb. per week increases and one rep per week decreases).

Thursday - Seated dumbbell press 40 - 3x12; Lying tricep extension 50 - 3x12; Standing Cable Pushdowns 40 - 3x12

Week Two: Monday - Bench 180 - 3x11; Incline 130 - 3x11; DB Press 55 - 3x11; Negatives 120 - 3x11. **Thursday** - Seated DB Press 45 - 3x11; Lying Tricep Extensions 55 - 3x11; Standing cable pushdowns 45 - 3x11.

Week Three: Monday - Bench 195 - 3x10; Incline 145 - 3x10; db press 60 - 3x10; negatives 125 - 3x10. **Thursday** - Seated db press 50 - 3x10, lying tricep ext

60 - 3x10; standing cable pushdowns 50 - 3x10. **Week Four:** Monday - Bench 210 - 3x9; Incline 160 - 3x9; db press 65 - 3x9; negatives 130 - 3x9. **Thursday** - seated db press 55 - 3x9; lying ext 60 - 3x9, standing cable pushdowns 55 - 3x9. **Week Five:** Monday - Bench 225 - 3x8, incline 175 - 3x8; db press 70 - 3x8; negatives 135 - 3x8. **Thursday** - seated db press 60 - 3x8; lying tri. ext. 65 - 3x8; standing cable pushdowns 60 - 3x8.

Week Six: Monday - Bench 230 - 3x7; incline 190 - 3x7, db press 75 - 3x7, negatives 140 - 3x7. **Thursday** - seated db press 65 - 3x7; lying tricep ext. 70 - 3x7; standing cable pushdowns 65 - 3x7.

Week Seven: Monday - Bench 255 - 3x6; incline 205 - 3x6; db press 80 - 3x6; negatives 145 - 3x6. **Thursday** - seated db press 70 - 3x6; lying tricep ext. 75 - 3x6; standing cable pushdowns 70 - 3x6.

Week Eight: Monday - Bench 270 - 3x5; incline 220 - 3x5; db press 85 - 3x5; negatives 150 - 3x5. **Thursday** - seated db press 75 - 3x5; lying tricep ext. 80 - 3x5; standing cable pushdowns 75 - 3x5.

Week Nine: Monday - Bench 285

- 3x4; incline 235 - 3x4; db press 90 - 3x4; negatives 155 - 3x4. **Thursday** - seated db press 80 - 3x4; lying tricep ext. 85 - 3x4; standing cable pushdowns 80 - 3x4.

Week Ten: Monday - Bench 300 - 3x3; incline 250 - 3x4, db press 95 - 3x4; negatives 160 - 3x4. **Thursday** - seated db press 85 - 3x4; lying tricep ext. 90 - 3x4; standing cable pushdowns 85 - 3x4.

Week Eleven: Monday - Bench 315 - 3x2; incline 265 - 3x4; db press 100 - 3x4; negatives 165 - 3x4.

Week Twelve: Monday - Bench - single max 330-340. Goal Accomplished!

Back, biceps, abdominals and legs should be worked during off days once a week.

Note that it is important in a twelve week program for the target weights to be mapped out beforehand. The weights may seem light during the first few weeks of training, but be patient because they will get heavier, so do not alter the routine unless the weights are excessively light. Also, it is imperative that all reps be done in strict fashion with no cheating, because you will only be cheating yourself. In the last few weeks of this training cycle when the weights get heavy, you will have problems if you have not built a proper foundation.

Try to keep your bodyweight constant during the program. Any reduction in bodyweight could result in strength loss. Additionally, the day of and prior to your heavy benching should be used for rest. Avoid strenuous and heavy activity on those days.

I would like to thank my friends, family and Powerhouse Gym in Palisades Park, New Jersey for all their support over the years. If there are any questions or comments regarding this routine, I can be reached at 1301 7th street, North Bergen, N.J. 07047 Attn: Dennis Cieri (please include your telephone number if you want a quick response)

If you want something bad enough, you will achieve it. Remember THE WOLF ON TOP OF THE MOUNTAIN IS NOT AS HUNGRY AS THE WOLF CLIMBING THE MOUNTAIN! Train Smart, Train hard and Train Drug Free!!! **DENNIS CIERI**