

WORKOUT OF THE MONTH

This routine is based on a last meet, personal best in the bench press of 200 lb. This program should add 15 lbs. to your bench press in 8 weeks. The program trains the bench press twice a week and makes use of a thorough warm up. It begins with 4 weeks of higher repetition conditioning work. Pause reps are done starting at week 5, as indicated in the program.

The following assistance exercises should be done after the bench press workout.

1. Very light flies. 2 sets of 10 reps. This is to stretch out the chest muscles only. Use a very light

The Bev Francis BENCH PRESS ROUTINE

One of the most successful women powerlifters of all time and an IPF world record holder in the Bench Press at 165 and 181 lbs. offers her training program.

weight and keep the arms wide to get a good stretch. Move slowly.
2. Reverse tricep pushdowns. 3 sets of 8-10 reps. (Face away from

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 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 the 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 1.2 (600 divided by 500).

the pulley and hold the bar behind your back. Use as heavy weight as you can handle. This exercise also stretches the anterior deltoid.)

3. Lying barbell tricep extension. 3 sets of 8-10 reps. (Bring bar down to forehead, keep elbows up. Use a light weight and strict form, putting total emphasis on triceps.)

Drop all assistance exercises for the last 2 weeks before the contest.

Week 1: Day 1: 90x10, 100x8, 110x6, 120x5, 135x10, 135x10, 135x10, 135x10, 100x10. Day 2: 90x10, 100x8, 120x5, 130x3, 140x10, 140x10, 140x10, 140x10, 105x10.

Week 2: Day 1: 90x10, 100x8, 110x5, 120x4, 135x3, 145x8, 145x8, 145x8, 110x10. Day 2: 90x10, 100x8, 110x6, 125x4, 140x3, 155x8, 155x8, 155x8, 115x10.

Week 3: Day 1: 90x10, 100x8, 120x5, 135x3, 145x2, 160x6, 160x6, 160x6, 125x8. Day 2: 90x10, 100x8, 120x5, 140x3, 155x2, 165x6, 165x6, 165x6, 135x8.

Week 4: Day 1: 90x10, 100x8, 120x5, 135x3, 145x2, 160x2, 175x5, 175x5, 140x8. Day 2: 90x10, 100x8, 125x5, 145x3, 165x1, 180x4, 180x4, 180x4, 145x8.

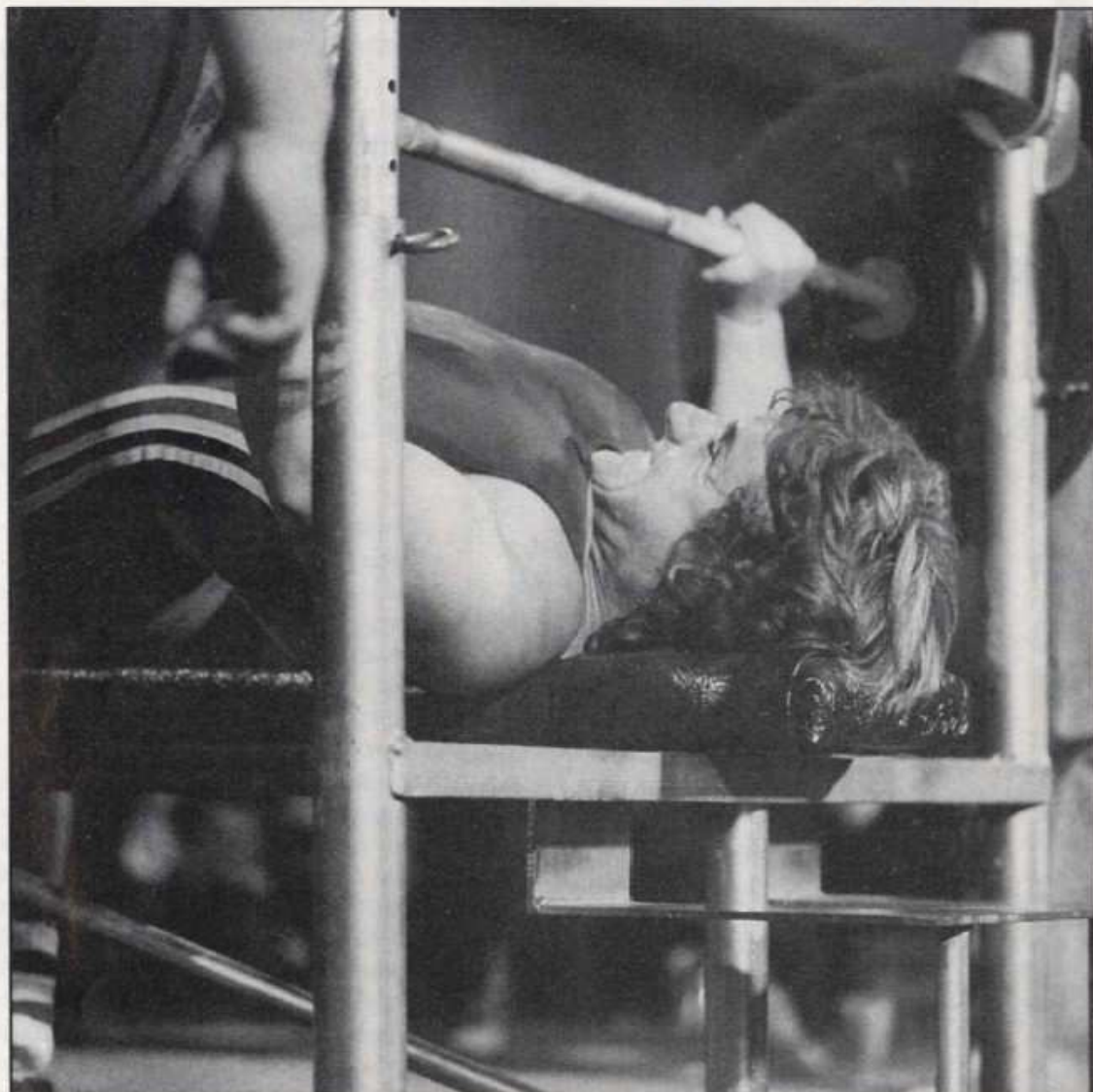
Week 5: Day 1: 90x10, 110x6, 130x5, 150x2, 170x1, 185x3, 185x3, 185x3, 155x6. Last set pause reps. Day 2: 90x10, 115x6, 135x3, 155x2, 175x1, 190x3, 190x3, 175x3, 155x5. Last 2 sets, do pause reps.

Week 6: Day 1: 90x10, 120x5, 135x3, 155x2, 175x1, 195x2, 195x2, 180x2, 160x5. Last 2 sets, pause reps. Day 2: 90x10, 120x5, 140x3, 160x2, 180x1, 200x1, 185x2, 165x4. Last 2 sets pause

Week 7: Day 1: 90x10, 125x5, 145x3, 165x2, 185x1, 200x2, 185x3, 165x5. Last 2 sets pause reps. Day 2: 90x10, 125x5, 145x3, 165x2, 185x1, 205x2, 190x2, 170x5. Last 2 sets pause reps.

Week 8: Day 1: 90x10, 125x5, 150x3, 170x2, 190x1, 205x1, 195x2, 180x3. Last 2 sets pause reps.

Contest Day (4 to 5 days since last workout) 90x10, 120x5, 140x3, 160x2, 180x1. 1st. attempt: 195, 2nd attempt: 205, 3rd attempt: 215.



Bev Francis with a still impressive IPF World Record 330 bench press in the 181s at the 2nd IPF Women's Worlds in Hawaii. This was done following her successful career as a track and field athlete and prior to her effort to become the top women bodybuilder in the world at the MS. OLYMPIA competitions.