

# WORKOUT of the Month

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 at 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 lifting for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600 multiply poundages specified by 1.2 (600 divided by 500).

## Randall Kea's Bench Press Routine

This routine is based on a last meet personal best of a 300 lb. bench press. You must practice good explosion off the chest as well as good technique on every set. Also, you make it a habit to use the same equipment and lifting style you will be using in competition. This routine should add 25 lbs. to your bench press in just 8 weeks. The reason for the 8 week cycle is to make sure you don't overtrain, and this lift is the hardest of the three lifts to move constantly during the year. The first 4 weeks of this cycle are really to condition your body to be able to endure and be surprised after the last four weeks of this cycle. Whether you're a novice or an intermediate lifter, I think you will see that good conditioning plays a big role in the final weeks of a cycle.

If anyone is interested in trying a more advanced routine, they may contact me at the following address:

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### MONDAYS:

**Week 1:** 135x10, 135x10, 160x5, 180x3, 200x10, 200x10, 200x10, 150x10. Last 4 sets with pauses.

**Week 2:** 135x10, 135x10, 160x5, 180x3, 200x2, 220x8, 220x8, 220x8, 170x10. Last 5 with pauses.

**Week 3:** 135x10, 135x10, 175x5, 200x3, 220x2, 240x6, 240x6, 240x6, 190x10. Last 6 with pauses.

**Week 4:** 135x10, 135x10, 175x5, 200x3, 220x2, 240x1, 260x5, 260x5, 210x8. Last 6 with pauses.

**Week 5:** 135x10, 135x10, 195x5, 225x2, 255x1, 280x3, 280x3,

230x8. Last 6 with pauses.

**Week 6:** 135x10, 135x10, 175x5, 205x3, 235x2, 265x1, 290x2, 290x2, 240x5. Last 6 with pauses.

**Week 7:** 135x10, 135x10, 185x5, 215x3, 245x2, 275x1, 300x2, 250x5, 250x3. Last 6 with pauses.

**Week 8:** 135x10, 135x10, 190x5, 220x3, 250x2, 280x1, 305x1, 255x5, 255x3. Last 6 with pauses.

### FRIDAYS:

**Week 1:** 135x10, 135x10, 170x5, 190x3, 210x10, 210x10, 210x10, 160x10. Last 4 sets with pauses.

**Week 2:** 135x10, 135x10, 165x5, 190x3, 210x2, 230x8, 230x8, 180x10. Last 5 with pauses.

**Week 3:** 135x10, 135x10, 175x5, 210x3, 230x2, 250x6, 250x6, 200x10. Last 5 with pauses.

**Week 4:** 135x10, 135x10, 185x5, 215x3, 245x1, 270x4, 270x4, 220x8. Last 6 with pauses.

**Week 5:** 135x10, 135x10, 170x5, 200x3, 230x2, 260x1, 285x3, 285x3, 235x5. Last 6 with pauses.

**Week 6:** 135x10, 135x10, 180x5, 210x3, 240x2, 270x1, 295x2, 245x5, 245x3. Last 6 with pauses.

**Week 7:** 135x10, 135x10, 190x5, 220x3, 250x2, 280x1, 305x2, 255x5, 255x3. Last 6 with pauses.

**Contest-Saturday:** 135x10, 135x10, 180x5, 210x3, 240x2, 270x1, 295-1st attempt, 315-2nd attempt, 325-3rd attempt.

Assistance exercises (to be done after each workout): Dumbbell bench press, 3 sets of 10 reps. Lying tricep extension, 3 sets of 15 reps. Tricep pushdowns, 3 sets of 10 reps. Weightless dips, 3 sets of 15 reps. Hammer curls, 3 sets of 10 reps. Crunches, 4 sets of 25 reps. No assistance work for the last week.

**Randall Kea**..seen below going for a big bench at the 1984 Jr. World Championships in Perth, Australia.

