

WORKOUT of the Month

JIM LAWRENCE BENCH PRESS

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).

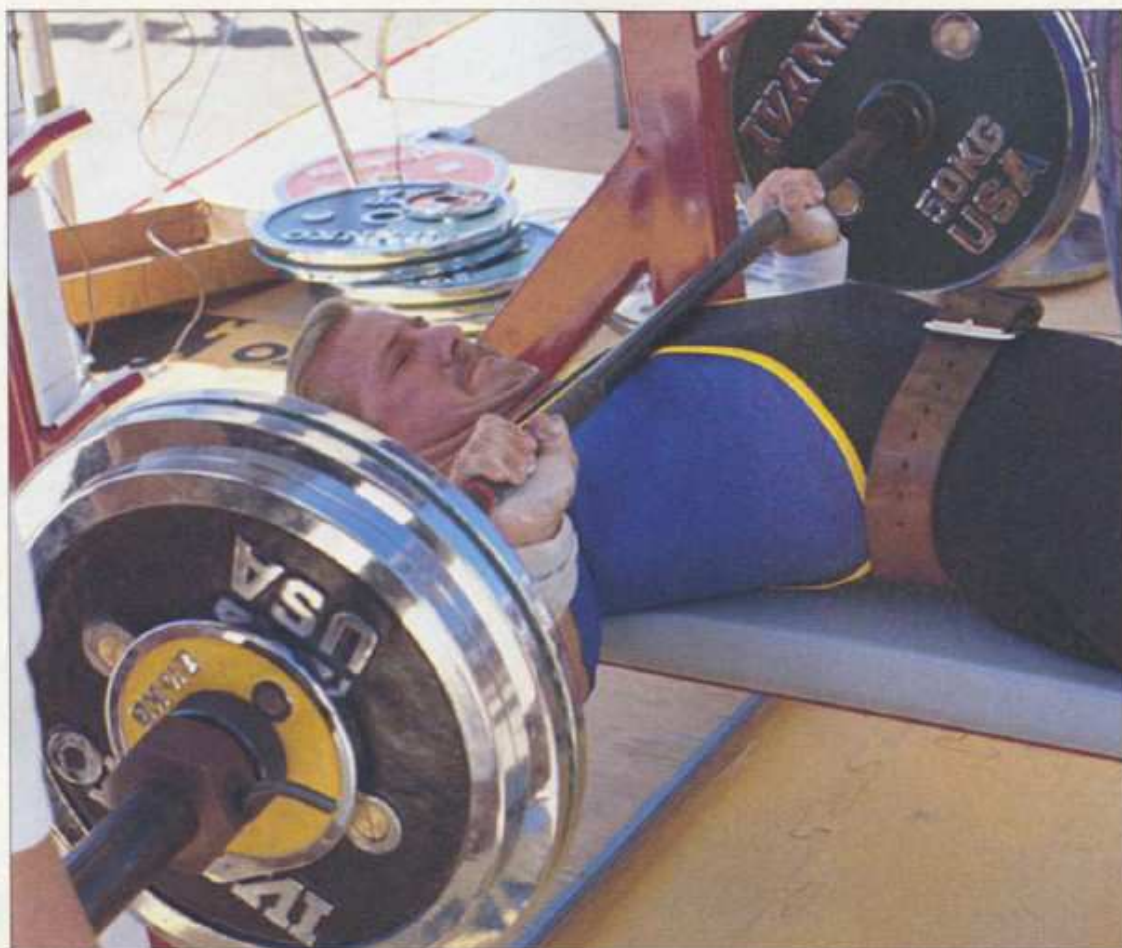
The majority of my cycles are set up for an 8-10 week period. I prefer training 4 days/week with Wednesday and the weekend off. Monday and Tuesday are considered heavy days, while Thursday and Friday account for my light days. I must stress that light days are defined as 80% of heavy days, no less - no more. My typical week would consist of the following: Monday - chest, triceps, biceps; Tuesday - legs, shoulders; Thursday - chest, triceps, biceps; Friday - back, legs.

All my lifts are done emphasizing strict form, never bouncing the weight. I am totally against forced reps because of the unnecessary pressure being applied to the joints. Also, forced reps usually result in sloppy form unless you have a great spotter.

I prefer benching with my back flat on the bench, with no arch. I prefer a grip which allows my elbows to form a 90 degree angle when the bar touches my chest. Four weeks out from a contest I begin training with the Inzer shirt. This shirt is always one size larger than the shirt I will use at the meet. The shirt helps prevent injuries and allows me to use much heavier poundages as the meet approaches.

My main concern is to avoid overtraining at all costs. This is why my chest routine involves only 2 exercises per body part, twice a week. The chest training itself consists of bench presses followed by dumbbell presses. Next, I train the triceps. I prefer close grip presses followed by either cable push downs or tricep extensions. I finish this workout by training the biceps. My favorite movements here are seated incline dumbbell curls and standing barbell curls.

This routine is designed for a lifter who has a current max of 300 lbs. After completion of this program, I feel a lifter should be capable of benching 315 lbs. I recommend doing these movements in the same order each week, as listed under Week 1. As for dumbbell presses, pushdowns, and bicep curls, select a weight that is reasonable for the amount of sets and reps I suggest. Then simply take 80% of that weight to determine the poundage for the following light day. For example, say someone uses 70 lb. dumbbells for 3 sets of 6 reps of presses on the heavy day. This means that same person will use 55 lb. dumbbells for 4 sets of 8 reps on the next light day. Remember, light days are meant to be light. There should be no struggle whatsoever. This allows your



Jim Lawrence has been chasing the ADFPA American Bench record at 132 since 1985. On Nov. 17th, 1990 at the ADFPA Southwestern Championships his quest ended when he pushed up 362.5 lbs. at a bodyweight of 131 lbs. "My thanks and appreciation goes out to all my friends in Wisconsin and Arizona who made this lift possible."

muscles to fully recuperate before the next heavy workout.

Week 1: Monday (Heavy Day) - Bench Press - Barx20, 135x10x2, 185x7, 220x5x3 (3 sets). Dumbbell Press 3 sets of 6 reps for entire cycle. Close Grip - 175x5x3. Pushdowns - 6 sets of 6 reps for entire cycle. Bicep Curls - 6 sets of 6 reps for entire cycle.

Thursday (Light Day) - Bench Press - Barx20, 135x10x2, 175x8x4 (4 sets). Dumbbell Press - 4 sets of 8 reps for entire cycle. Close Grip - 140x8x4. Pushdowns - 6 sets of 8 reps for entire cycle. Bicep Curls - 6 sets of 8 reps for entire cycle.

Week 2: Monday - Bench Press - Barx20, 135x10x2, 185x7, 225x5x3. Close Grip 180x5x3. Thursday - Bench Press - Barx20, 135x10x2, 180x8x4. Close Grip - 145x8x4.

Week 3: Monday - Bench Press - Barx20, 135x10x2, 185x7, 230x5x3. Close Grip - 185x5x3.

Thursday - Bench Press - Barx20, 135x10x2, 185x8x4. Close Grip -

150x8x4.

Week 4: Monday - Bench Press - Barx20, 135x10x2, 185x7, 225x2, 245x3x3. Close Grip 190x5x3. Thursday - Bench Press - Barx20, 135x10x2, 175x5, 195x6x4. Close Grip 155x8x4.

Week 5: Monday - Bench Press - Barx20, 135x10x2, 185x7, 225x2, 250x3x3. Close Grip 195x5x3. Thursday - Bench Press - Barx20, 135x10x2, 175x5, 200x6x4. Close Grip 160x8x4.

Week 6: Monday - Bench Press - Barx20, 135x10x2, 185x7, 225x2, 255x3x3. Close Grip 200x5x3. Thursday - Bench Press - Barx20, 135x10x2, 175x5, 205x6x4. Close Grip 165x8x4.

Week 7: Monday - Bench Press - Barx20, 135x10x2, 185x7, 235x2, 265x2x2 (pauses with shirt). Close Grip 205x5x3.

Thursday - Bench Press - Barx20, 135x10x2, 185x5, 210x5x4. Close Grip 170x8x4.

Week 8: Monday - Bench Press - Barx20, 135x10x2, 185x7, 235x2,

270x2x2 (pauses with shirt). Close Grip 210x5x3.

Thursday - Bench Press - Barx20, 135x10x2, 185x5, 215x5x4. Close Grip 175x8x4.

Week 9: Monday - Bench Press - Barx20, 135x10x2, 185x7, 235x2, 275x2x2 (pauses with shirt). Close Grip 215x5x3.

Thursday - Bench Press - Barx20, 135x10x2, 185x5, 220x5x4. Close Grip 180x8x4.

Week 10: Monday - Bench Press - Barx20, 135x10x2, 185x7, 235x2, 265x1, 285x1x2 (pauses with shirt). No assistance work.

Wednesday Before Meet - Barx20, 135x10x2, 185x5x3. No assistance work.

Meet Day: Barx20, 135x10x2, 185x7, 235x2, 265x1. Attempts: 1st - 285, 2nd - 305, 3rd - 315.

For questions concerning this routine, contact Jim Lawrence, 900 W. Grove Pkwy. No. 1099, Tempe, AZ 85283. Phone - 602-839-0392. Lots of luck with your benching!