

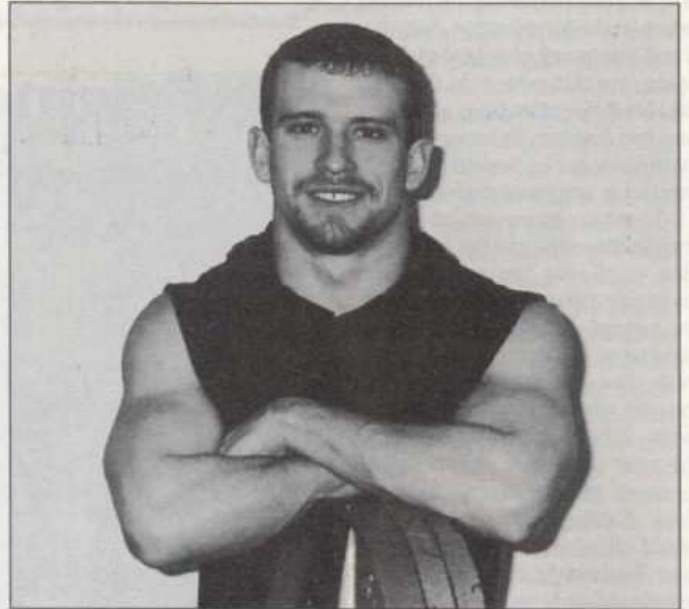
# WORKOUT of the Month

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 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)

## Joe Luther Bench Press

For an athlete that wishes to increase their bench press max. rather quickly, I have found this workout to produce the best results. If you wish to start this workout a person needs to have a bench, a bar and the pounds of weights they are going to lift. From what I have seen people make a 10 to 20 pound gain in 5 weeks. For a person who benches 300 pounds the workout should consist like this. Warm up with 2 sets straight arm fly's, bench press 135 by 12 reps, bench press 225 by 5 reps, bench press 275 by 2 reps. Then start your workout with bench pressing 295 by 1 rep, bench press 285 by 2 reps, bench press 275 by 3 reps, bench press 265 by 4 reps, bench press 255 by 5 reps, bench press 245 by 6 reps, then warm down with bench pressing 210 by 8 reps, then benching 185 by 8 reps. When doing your sets you

should take 2 to 3-1/2 minutes of rest in between sets and have 3 days of rest between workouts. Within 2 weeks your max. will increase around 5 pounds or more and in 4 weeks it should increase by 10 to 15 pounds. When your max. goes up you need to increase the weight in your workout (so when your max. jumps to 305 you should start the workout with 300 then 290 and so on). This will keep the intensity of the workout constant with your strength gains. Starting your workout with your heaviest sets first will let you train with heavier weights for more reps than starting your workout with your light sets first. For any lifter who wishes to obtain more information on this workout, or wants more information on other workouts can call Joseph Luther at 1-509-837-7308.



*Joe Luther is a fast rising bench presser who has done 413 at 165 just beyond his teenage years. (photo courtesy of Joe Luther)*