

This program is intended for a lifter capable of a 500 lb. bench press. It is a 2 month program. The expected increase for this training cycle is 35 lbs. The trainee should start with one bench workout every 5th day. Only one exercise may be performed on any given day. No assistance work, other than cheat curls, will be performed because they only detract from this unique program. The only equipment needed is a bench and bar with weights.

I have been lifting according to this program for 2 years, and my bench has gone from 575 to 652. I now bench once a week, squat once every 7-9 days and I do cheat curls once every 7-9 days. These are the only exercises I use.

Small weights and light workouts are bothersome and extremely useless. We will use very heavy weights in my program. In order to lift heavy singles in competition you must lift heavy singles in the gym, all the time! The repetitions, except warm-ups, will all be singles. Even if you feel you can do the weight more than once, *do not do it*. Doubles and triples and higher repetitions will not help at all.

With my workout you will not leave the gym all pumped up and sore, but we are not after soreness; we are after strength. The trainee will find a tremendous urge to return to the gym. He will return healed, hungry, intense, and stronger.

I recommend long rests (10-20 min.) between all sets, even the warmups. Remember these important things:

# 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 a 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).**

## JEFF MADDY'S RAD BENCH PRESS PROGRAM

Do not stretch before working out; Do not do assistance work; Do not do more than 1 repetition a set, even if you can; Do not consider a workout ruined if you miss a lift or two; Do not do extra strict pauses, in the hole, even if you can.

I could not make this article complete without thanking Big Jim Williams and Paul Anderson for inspiration, motivation, and dedication.

### Courses for Sale

For personalized workouts, questions and comments, please send: Brief lifting history, height, weight, personal maximum, supplements, use of power shirts, age, sex, etc.

Advanced courses available in Bench for \$7.70; Squat for \$7.00; Cheat Curl for \$7.50; all 3 for \$19.05.

Also available for seminar and demonstration. Contact:

Jeff (The King) Maddy  
2100 West 39th St.  
Casper, WY 82604

**1st Workout** (Sunday): 285 for 1 set of 3reps, 350x1x3, 425x1x1, 470x3x1, \* Max out.

**2nd Workout** (Friday): Same as first workout, 470x5x1, \* Max out.

**3rd Workout** (Wednesday): Same as first workout, 470x6x1, \* Max out.

**4th Workout** (Monday): 285x1x3, 350x1x3, 425x1x1, \* Max out, 480x3x1.

**5th Workout** (Saturday): Same as first workout, 480x5x1, \* Max out.

**6th Workout** (Thursday): Same as first workout, 480x6x1, \* Max out.

**7th Workout** (Tuesday): 285x1x3, 350x1x3, 425x1x1, \* Max out, 490x3x1.

**8th Workout** (Sunday): Same as first workout, 490x5x1, \* Max out.

**9th Workout** (Friday): Same as first workout, 490x6x1, \* Max out.

**10th Workout** (Wednesday): 285x1x3, 350x1x3, 425x1x1, \* Max out, 500x3x1.

**11th Workout** (Monday): Same as first workout, 500x5x1, \* Max out.

**12th Workout** (Saturday): 500x6x1, no max today.

**13th Workout** (Saturday) - Contest Day: 285x1x3, 350x1x3, 450x1x1, 1st attempt - 490, 2nd attempt - 520, 3rd attempt - 535.

\* Max Out - means go for a P.R., do not do a negative, but try to make the lift. The max will be done for 1 set of 1 rep.

*Below...SHW Jeff "The King" Maddy has quietly worked his way up the bench press ranks (Number 4 of All Time) from his remote home base in Wyoming. His "radical" routine reminds one of Jim Williams, who broke tradition by benching several times a week. Jeff states he is a drug free lifter, and he competed in one of Rich Peters' Drug Free Regionals. Photograph courtesy Jeff.*

