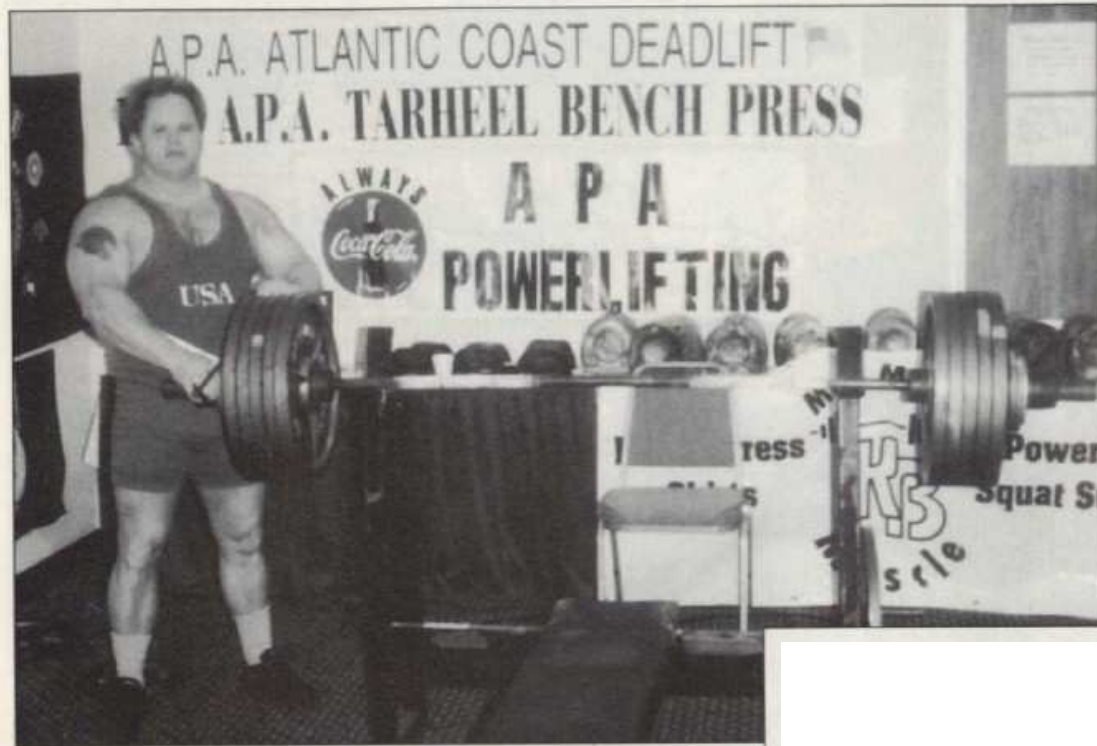


WORKOUT of the Month

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)

Danny McMillan's Bench Press Routine



235x3, 280x2, 350x2x2, 365x2.
Week 7: 115x8, 185x8, 235x3, 280x2, 335x1, 355x2x2, 370x2.
Week 8: 115x8, 185x8, 235x3, 280x2, 335x1, 365x2x2, 380x2.

Assistance work on Tuesdays:
Chest - Flat Dumbbell Presses; 100x6x3. **Back** - Front Put Downs; 130x8, 150x8, 160x8, 170x8. Bent Over Dumbbell rows: 85x6x3. Seated Lat Pulls: 170x6x3.

On Fridays: Triceps Close Grip Bench: 290x6x3. Triceps Push Down: 120x6x3. Seated Tricep Extensions: 45x6x3. Seated Military press: 190x6x3. Front Plate Raises: 85x6x3. Side Laterals: 30x6x3.

Contest: 400, 420, 430.

Please feel free to call if you have any questions. You can call me at (704) 867-6013.

Danny McMillan's Personal Record Bench Press was achieved on February 10, 1996 at the APA Tarheel Bench Press Championships in Charlotte, North Carolina, where he established 3 WPA World Records (220 drug free, 220 drug free 40-44, 220 40-44 non-tested) with a lift of 550 lbs., at age 43, after coming back from a pec tear

Hello, my name is Danny McMillan, a 43 year old master lifter. I have been competing in the bench press since 1983. Since then, I have been fortunate enough to compete in state, national and world meets, having 29 records in all three levels.

The routine below is the same one that I used to set and break the records with. The routine is very basic, easy to understand, and not fancy. It just takes hard work and determination. This routine works for me. My last APA World record was 550 lbs.

My workout schedule is on Tuesdays and Fridays. I find it too difficult for master lifters to lift much more than two or three days a week. If you are working hard and heavy, then two or three days is plenty. The key to competing and winning is rest. Two weeks out from a contest, I leave off all assistance work and save that strength

for the meet.

When weights begin to feel light, I increase the load five to ten pounds, and start the routine over. Remember to keep assistance work as heavy as possible. I have been using this routine since 1992. Remember, it is consistent hard work which gives an individual strength. One can expect a 15 to 25 pound gain per year as a result of this workout.

This routine is for the lifter to increase his or her 400 lb. max. Be sure to warm up before each workout and to cool down after each exercise bout.

On Tuesdays: **Week 1:** 115x8, 185x8, 230x3, 260x3, 310x6x2, 315x2. **Week 2:** 115x8, 185x8, 230x3, 260x3, 315x5x2, 335x2. **Week 3:** 115x8, 185x8, 230x3, 260x3, 325x4x2, 340x2. **Week 4:** 115x8, 185x8, 230x3, 260x3, 335x3x2, 350x2. **Week 5:** 115x8, 185x8, 235x3, 280x2, 340x2x2, 355x2. **Week 6:** 115x8, 185x8,