

WORKOUT of the Month

Hello My Fellow Benchers: My name is DONALD ROBBINS JR. I am 32 years old and live in Bluefield, WV. I work full time at Krogers as a meat cutter and have three children ages 7, 9 & 11. I have been lifting since I was 16 and hold several American records in the teen and open classes. In 1994 I went to Finland with the USA team for the world bench press championships. I finished 4th with a bodyweight of 165 lb. and a lift of 407 lbs. In my last meet (Dec. 16, 2000) I benched 555 lbs. in the 181 lb class. I say all this to make the point that you can have a family and a full time job and still succeed in lifting. I could not be where I am today if it were not for the support of my family and friends.

I work out 5 times a week, Monday through Friday usually about 1 1/2 hours a day. Monday and Thursday are chest and triceps days. Tuesday and Friday are legs and biceps.

Donald Robbins Jr. BENCH PRESS ROUTINE

Wednesday is back and shoulders. I have set up a routine to help a 500 lb. bench increase 25 lbs. or more in ten weeks. In addition to the bench workout my routine includes the use of the incline, decline, overhead press and tricep work. I do 5 sets of incline, decline and overhead and 10 sets of triceps each work out. In WEEKS 1-5 I do 10 reps for each set of the above exercises. In WEEKS 6-9 I do reps of 5. Please note I ALWAYS warm up with light weight before beginning. I have included my 10 week bench workout in more detail. Mondays are my heavy days while Thursdays are my light days. Two keys of improvement to remember are: 1) All light weight sets should be

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)

225 Reps 15; Set 2: 315 Reps 10;
Set 3: 365 Reps 10; Set 4: 405
Reps 6; Set 5: 225 REP OUT;
LIGHT DAY - Set 1: 315 Reps 15;
Set 2: 315 Reps 15; Set 3: 225



Donald Robbins Jr. preparing to bench 525 at the GBCC Memorial Championships on May 27th, 2000. (photo courtesy Donald Robbins)

"Explosive Movements". 2) Always try to push out the extra reps when needed on the program.

If you would like more information please write to Donald Robbins Jr., Rt. 5 Box 451D, Bluefield, WV 24701 or Phone (304) 327-5072.

Thank You - Donald Robbins

Week #1: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 365 Reps 10; Set 4: 225 REP OUT; LIGHT DAY - Set 1: 225 Reps 20; Set 2: 225 Reps 20; Set 3: 225 Reps 20; Set 4: 225 Reps 20.

Week #2: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 365 Reps 11; Set 4: 225 REP OUT; LIGHT DAY - Set 1: 225 Reps 21; Set 2: 225 Reps 21; Set 3: 225 Reps 21; Set 4: 225 Reps 21.

Week #3: HEAVY DAY - Set 1: 225 Reps 10; Set 2: 315 Reps 10; Set 3: 365 Reps 12; Set 4: 225 REP OUT; LIGHT DAY - Set 1: 225 Reps 22; Set 2: 225 Reps 22; Set 3: 225 Reps 22; Set 4: 225 Reps 22.

Week #4: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 365 Reps 10; Set 4: 405 Reps 5; Set 5: 225 REP OUT; LIGHT DAY - Set 1: 225 Reps 23; Set 2: 225 Reps 23; Set 3: 225 Reps 23; Set 4: 225 Reps 23.

Week #5: HEAVY DAY - Set 1:

REP OUT.

Week #6: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 365 Reps 10; Set 4: 405 Reps 7; Set 5: 225 REP OUT; LIGHT DAY - Set 1: 315 Reps 16; Set 2: 315 Reps 16; Set 3: 225 REP OUT.

Week #7: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 405 Reps 5; Set 4: 425 Reps 3; LIGHT DAY - Set 1: 315 Reps 17; Set 2: 315 Reps 17; Set 3: 225 REP OUT.

Week #8: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 405 Reps 5; Set 4: 425 Reps 4; Set 5: 225 REP OUT; LIGHT DAY - Set 1: 315 Reps 18; Set 2: 315 Reps 18; Set 3: 225 REP OUT.

Week #9: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 405 Reps 1 with shirt; Set 4: 500 Reps 1 with shirt; Set 5: 515 Reps 1 with shirt; LIGHT DAY - Set 1: 315 Reps 19; Set 2: 315 Reps 19; Set 3: 225 REP OUT.

Week #10: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 405 Reps 1 with bench shirt; Set 4: 500 Reps 1 with bench shirt; Set 5: 525 Reps 1 with bench shirt.