

Last month I presented a deadlift routine featuring work in the power rack to increase your pulling power. In this article I will display a peaking routine for the bench press. This routine will work to peak individuals that have a lot of foundation in hard training toward the bench press. Novice athletes or people with less extensive foundations in the bench press will be better served training with this routine during an off season strength cycle. This routine has a lot of work. If you have been training for more than a couple years and you push your bench press hard you may be surprised to find yourself peaking higher with this routine. It is not your ordinary peaking cycle. The bench press poundages are in percentages to make it easy to calculate your specific numbers. Understanding that performance peaking cycles are not the determinants of powerlifting limits but rather the rehearsal of technique, timing, and delivery, you will know that you must now focus on the bench press itself and let all your accessory work lighten up. You will train for nine weeks on this routine.

Be aware that individual leverages differ dramatically and that you may need to adjust the numbers used for your cycle accordingly. The percentages given are a guideline not numbers carved in stone. There is no Holy Grail for Powerlifters, no secret gimmick that unlocks mystical strength. You must learn your potentials and limitations through trial and error and then keep working on your weaknesses until your numbers go up. Work is the key. You will work without a bench press shirt for the first four weeks. The last five weeks require a shirt, if you

TRAINING

Peaking Routines Version I Bench Press Peaking Routines by Greg Reshel of POWER EXCEL



Bench Stars like Bill Courtney need routines to peak their bench press on meet day (Cardillo)

wear one in competition, to give you the time to adjust your delivery and balance to the different "groove" that the shirt requires. You will train fairly heavy for the entire nine weeks. Eat and rest well and often!! Good Luck!

Training Day #1: 1. Bent Forward Rows - Underhand Grip - 4 sets of 6 reps with moderate weight. 2. Incline Bench Press - 2" nar-

rower than Bench Press Grip - 4 sets of 8 reps light. 3. E.Z. Curl Bar Concentration Curls - 4 sets of 8 reps with moderate weight. 4. Upright Rows - 3 sets of 10 reps light. 5. Bench Press - warmup as needed to prepare for the working sets outlined in the following schedule:

Week 1: Competition Grip - 3 x 6 @ 55%, 3 x 5 @ 60%, 3 x 4 @ 65%, 3 x 3 @ 70%.

Week 2: 2 Inches Wider - 3 x 8 @ 55%, 4 x 6 @ 60%.

Week 3: 2 Inches Narrower - 3 x 12 @ 50%, 4 x 8 @ 60%.

Week 4: Competition Grip - 6 x 4 @ 75%, 4 x 2 @ 80%.

Week 5: 2 Inches Wider - 4 x 4 @ 78%, 3 x 2 @ 83%.

Week 6: 2 Inches Narrower - 10 x 2 @ 85%; 1 x 15 @ 40%.

Week 7: Competition Grip - 10 x 2 @ 83%, 1 x 15 @ 45%
Week 8: 2 Inches Wider 3 x 3 @ 85% 2 x 2 @ 88%.

Week 9: 2 Inches Narrower - 4 x 2 @ 70%, 1 x 15 @ 50%

6. Wide Grip Stiff Arm Pullovers - 3 sets of 10 reps light and slow.

Training Day #2: 1. Underhand Grip Low Pulley Row - 5 sets of 6 reps with moderate weight. 2. Bench Press - warmup as needed to prepare for the working sets that are outlined in the following schedule:

Week 1: 2 Inches Narrower - 3 x 10 @ 50% 5 x 5 @ 65%.

Week 2: Competition Grip - 6 x 6 @ 60%, 4 x 4 @ 70%, 2 x 2 @ 80%.

Week 3: 2 Inches Wider - 5 x 5 @ 65%, 3 x 3 @ 75%, 1 x 1 @ 85%.

Week 4: 2 Inches Narrower - 2 x 10 @ 55%, 2 x 8 @ 60%, 2 x 6 @ 65%, 2 x 4 @ 70%, 2 x 2 @ 75%.

Week 5: Competition Grip - 6 x 4 @ 82%, 3 x 3 @ 88%.

Week 6: 2 Inches Wider - 5 x 3 @ 80%, 3 x 2 @ 85%.

Week 7: 2 Inches Narrower - 6 x 4 @ 80%, 2 x 15 @ 50%.

Week 8: Competition Grip - 1 x 1 @ 95%, 1 x 3 @ 88%, 1 x 5 @ 83%, 1 x 7 @ 79%, 1 x 15 @ 65%.

Week 9: 2 Inches Wider - 4 x 1 @ 50%

Competition: OPEN @ 94%, 2nd @ 102%, 3rd @ 106%.

3. Incline Modified Flies - 4 sets of 10 reps. 4. Seated Press Behind the Neck - 5 sets of 8 reps light (drop after Week 7). 5. Mod-

erate Grip Lat Pulldown to Chin - 4 sets of 10 reps (drop after week 8)

Always use spotters for your own safety. If you have questions or observations contact us at POWER EXCEL - 2807 South Superior Street - Milwaukee, WI. 53207 - (414) 671-6637. We welcome your questions and observations. Good Luck

At POWER EXCEL we are continuing to work on the next group of training logs. Each training logbook includes off-season, strength, and peaking routines for all three powerlifts with all the accessory work listed. We have logbooks for novice, intermediate, or advanced powerlifters and for master lifters. Each log book is organized to have a specific selection of routines that will work together to build strength and break plateaus. If you are interested in these log books give us a call and let us know what you would like in the way of training routines. We will provide you with a book that suits your needs. All books are \$20. Call us today! Good luck and good training.

GREG RESHEL

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