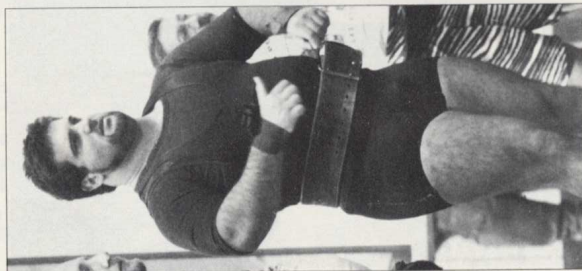


# TRAINING

## Breaking the 600 Lb. Barrier as told to Powerlifting USA by Asher Sharon



Asher... benching at the WPC Worlds.

week hitting new PR's for reps in the squat and the bench press with-out equipment - 545 x 8 in the bench press and 445 x 5 in the bench press - both without peaking and in a state of slight overtraining. From Jan-Apr. 1992, my leverage and groove in all three lifts were altered as well. The equipment I used in the Fall of 1991, no longer suited my needs. For the first time, I had to cut weight in order to make the 308 lb. class. My off-season bodyweight was steady on the 319 lb. mark. I actually lost 1.25" from my waist.

I was not able to put the straps of my squat suit up and my old double denim shirt was too tight on my chest and shoulders. In May 1992 I was able to bench press 540 lbs. without a bench shirt after squatting 729 lbs. with straps down.

The peaking cycle to that meet is shown on Chart 3. As you can see, the most weight used was 510 for a single, which I clocked at little over a second. A conventional peaking cycle would call for multiple sets of multiple reps at the 82-83% range (or heavier). This will create a few setbacks. 1. Lifters frequently miss the time to a peaking cycle in time either past their peak or overtrained. 2. By struggling through the last weeks of a conventional peaking cycle, lifters acquire bad form and lose their technique.

Biochemically, it is virtually impossible to improve your muscle mass and leverage in the last six weeks. Rather than frantically try to get stronger in the last six weeks, do your strength preparation earlier in the year and spend the last six weeks recovering fully and gaining the most possible technique. The last six weeks should be done in level and volume and intensity that will allow full recovery while maintaining maximum competitive levels. The stress shouldn't be on heavy sets and reps. The emphasis should be on refining timing, form, and technique as it's shown in Chart 3.

The more force you apply to the bar, the faster you will drive in the groove. The results will be a higher level of top-end performance. For most people, the effective level of load will be 65-80% of the projected load for 4/6 sets of 1-2 reps. The level of difficulty (volume and intensity) depends upon the individual's level of foundation, rate of recovery, and the lift involved (ideal loads vary from the squat to the bench press to the deadlift). I have experienced this system to work in intensity level as low as 55% but no higher than 82-83%. It seems to be that the higher the intensity level, the longer the recovery rate.

I was able to alter my squat and bench shirt in time for the meet. I was on track to break the 600 lb.

barrier. My wife and I had a little bet going. I was supposed to bench as fast as she could squat in meet conditions. Dawn topped her squats at the meet with 617 lbs. - a new all-time best in the 165 lb. class. As a result, I was "forced" to take a 617 lb. attempt on that day in order to keep up. My bench sequence that day was 551, 584, 617. Both my 2nd and 3rd attempts were personal records that exceeded the WPC world record. It was also the first time I got 3 for 3 in the bench press. I was able to get three strong pushes because I had not pushed heavy reps and sets in the peaking cycle, but worked on speed. My stabilizers were still fresh after squatting 784 lbs., which was a personal best. The first and second attempts reading PL USA.

CHART 1

Wk	Bench Press	Dec BP	Inc DBP	Pecdec	Cables
1	8x3@55-60%	4x15#	4x8#	3x15!	3x15!
2	8x3@58-63%	4x15	4x8	3x15	3x15
3	8x3@58-60%	4x12	4x8	3x15	3x15
4	8x3@60-65%	4x15	4x8	3x15	3x15
5	8x3@60-65%	4x12	4x8	3x15	3x15
6	8x3@63-68%	4x12	4x8	3x15	3x15
7	8x3@63-65%	4x12	4x8	3x15	3x15
8	8x3@60-65%	4x10	4x8	3x15	3x15
9	6x3@70-75%	4x10	4x8	3x15	3x15
10	6x3@73-78%	4x8-10	4x8	3x15	3x15
11	6x3@72-75%	4x4-10	4x8	3x15	3x15
12	6x3@75%	4x3-6	4x8	3x15	3x15

# emphasis on increasing strength and endurance in those movements. I use light weight and smooth control reps, this is for pump purposes.

Chart 2

Wk	Bench Press	Sets with shirts after warm-ups
13	455x3	455x3 405x5+ 225x15 no shirt
14	475x3	475x3 405x5-7 225x15 no shirt
15	495x3	475x3 405x5
16	515x2	505x3 455x5
17	505x3	505x3
18	525x2	495x3 455x4
19	507x1	556x1 (tune-up meet)
20	535x1	505x3
21	505x1	540x1 575x1 505x2
22	315x5x3	

S assistance work done after bench presses. Decline presses- 3 sets x 5 reps. Incline DB presses- 3 sets x 8 reps. Pec deck- 2 sets by 20 reps

Chart 3

617 lb. Bench Press Peaking Cycle May/ June 1992
1 Warmup + 6 sets x 3 reps with 420 lbs. no shirt
2 Warmup + 5 sets x 2 reps with 455 lbs. shirt on**
3 Warm-up + 475x1 500x1 510x1 515x1 shirt on**
4 Warm-up + 6 sets x 3 reps with 425 lbs. no shirt
5 Warm-up + 5 sets x 2 reps with 470 lbs. shirt on
6 Meet Warm-up + 551, 584, 617

assistance- 4 sets of dips, 3 sets x 5-8 reps, 4th-15 to 20- no weights attached. Incline DB presses- 3 sets x 6 reps. Cable Flyes- 3 sets x 12 reps \*\* no reps- work on speed and form. Apply a maximum force into the bar.

## OVER 600 DEDICATED ATHLETES CAN'T BE WRONG!



617 Bench at 308 lbs.

## Power Excel Club

WE ARE EXPANDING OUR SERVICES TO OFFER THE BEST COACHING AVAILABLE ANYWHERE!!

Are You:

- Frustrated by Plateaus
- Working Hard but Making no Real Progress
- Confused by Conflicting Information

Call Us Toll Free 1-800-424-8308

POWER EXCEL GUARANTEES SUCCESS!!

Power Excel offers:

- Personalized Training Routines Designed to Fit Your Genetic Talents, Body Type, and Goals
- Nutritional Analysis
- Personal Coaching and Consultation Available 6 Days per Week- HOTLINE # 414-769-1760
- We Solve Your Technique Problems
- We Answer Your Questions
- We Take the Time For You When You Need Help or Answers

DON'T WASTE TIME PUSHING HARD IN THE GYM ONLY TO SPIN YOUR WHEELS... GET A COACH IN YOUR CORNER!!!

WE CARRY A LINE OF THE HIGHEST QUALITY NUTRITIONAL SUPPLEMENTS AVAILABLE... FEATURING THE MOST ADVANCED L-ARGININE COMPLEX FOR MAXIMUM GROWTH HORMONE AND ANTI-CATABOLIC RESULTS!!!

Call for Our Free Catalog- You Deserve

the Best-Call Now Toll Free!!!

24 Hour Order Line 1-800-424-8308

For Information Call Between

1pm-6pm Central Time - (414)-769-1760

Dawn Sharon Asher Sharon Greg Reshell