

This workout is based on a previous best bench of 500 lbs. with a single layered bench press shirt. This workout should put 15-25 lbs. on your previous best bench and everyone that is benching 500+ pounds knows that the gains start to get extremely hard with these kinds of weights.

I use a 10 week bench press cycle. I do chest and triceps only once per week, on the same day. For chest I always bench first. The second exercise is close-grips. The third and final exercise is incline bench.

Week 1: Bench Press - 300 x 8 x 2, Close Grips - 270 x 8 x 2, Incline - 270 x 8 x 1.

Week 2: Bench Press - 325 x 8 x 2, Close Grips - 290 x 8 x 2, Incline - 280 x 8 x 1.

Week 3: Bench Press - 350 x 5 x 2, Close Grips - 315 x 5 x 2, Incline - 290 x 8 x 1.

Week 4: Bench Press - 375 x 5 x 2, Close Grips - 335 x 5 x 2, Incline - 300 x 8 x 1.

Week 5: Bench Press - 400 x 5 x 1, Close Grips - 360 x 5 x 1, Incline - 310 x 8 x 1.

Week 6: Bench Press - 420 x 3 x 1, Close Grips - 375 x 3 x 1, Incline - 320 x 8 x 1.

Week 7: Bench Press - 440 x 3 x 1, Close Grips - 395 x 3 x 1, Incline - 330 x 8 x 1.

Week 8: Bench Press - 450 x 3 x 1, Close Grips - 405 x 3 x 1, Incline - 340 x 8 x 1.

Week 9: Bench Press - 460 x 2 x 1, Close Grips - 415 x 1 x 1,

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)

Scott Smith Bench Press

Incline - 350 x 8 x 1.

Week 10: Bench Press - 475 x 2 x 1, Close Grips - 315 x 5 x 1, Incline - 225 x 8 x 1.

I use the same rep scheme on bench and close grips. On the incline bench I take my best set of 8 reps on the previous cycle and try to up that by 10 lbs. For example: if your last cycle ended with 340 lbs., the next cycle goes as shown in the weekly schedule. These are the only chest exercises that I use. As you can see I don't do much chest work. Now, I'll take you through my tricep training. Exercise Number One is

reverse cable pushdowns on a cable crossover machine. I use this exercise as a warmup exercise with very light weights. I do one arm right after the other with no rest. Example: 60 x 12, 70 x 10, 80 x 8 equals one set. The second exercise is dips. I do my bodyweight for 10 reps, then I used 100 lbs. for 8 reps, and on my final set, I'll use anywhere from 150-200 lbs. for 10 reps. The third exercise is lying tricep extensions: 1 warmup and 2 sets of 10 reps. I use a variety of exercises - EZ curl (close or wide grip), straight bar, and dumbbells. I

alternate these exercises every week. The final exercise is tricep push-downs, 1 warmup and 2 sets of 10 reps.

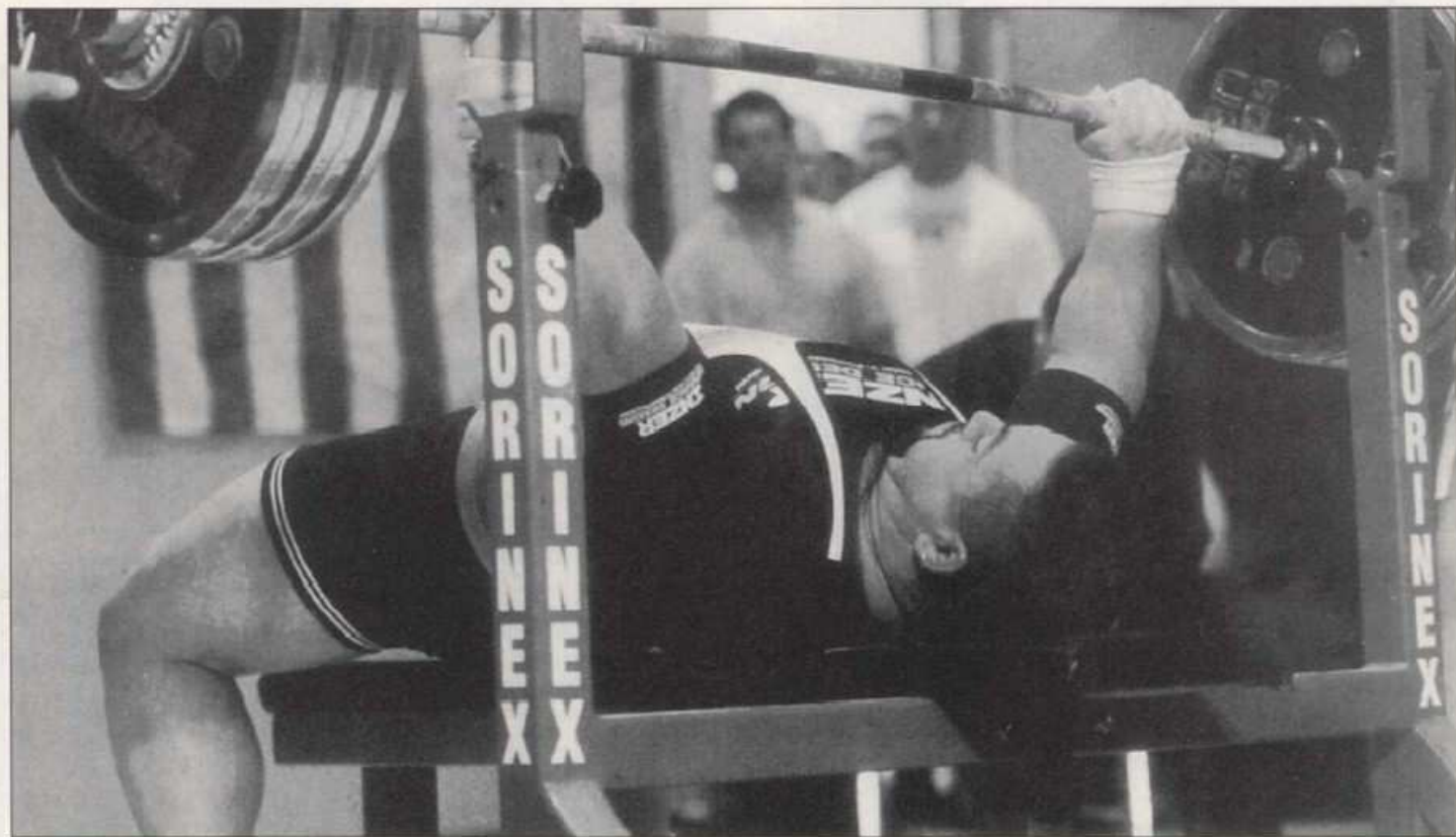
As you can see, I train triceps very hard. Tricep strength, I believe, is the key to a successful bench press. Shoulders are also very important. I basically do a bodybuilding type workout on my shoulders. It consists of a pressing movement first, front delts second, and side laterals last. I do one warmup and two heavy sets of 10-12 reps per exercise.

I take my last heavy training day at least 10 days out from the contest. At the contest, warmup in the same fashion as you have been doing during your training cycle. The last 2 weeks of training, do the same sets and reps on your triceps, but just take about 50-60% of the maximum poundages that you've been using.

Meet attempts should go as follows: 1st - 473, 2nd - 507, 3rd - 523.

I've been using this very same workout for the past 4 years. I has produced two IPF World Records: in '93, a 507 IPF Jr. World Record and in '96, a 596 IPF Men's World Record at the same bodyweight.

If you are interested in a personalized bench routine, send me a note of your previous best bench in a contest, along with a copy of your previous training program, and a \$10 check payable to Scott Smith, Box 437, Colfax, IL 61728. Until then, good luck and train hard.



Scott Smith, breaking Jeff Magruder's 14 year old IPF World Record in the 242s with a 596 lb. attempt at the 1996 USPF Senior Nationals.