

The bench press has long been the best demonstration of upper body strength. Not only is the amount of your bench press the first question someone asks when they wonder how strong you are, it is also one of the most overlooked lifts in 3 lift competition. It is my belief that the bench press be trained as vigorously, if not more so, than the other two lifts. The bench press be trained 50 out of 52 weeks a year! That does not necessarily mean that you can do 90%+ singles at competition width for those 50 weeks, but merely that you can continue to train hard while rearranging the rep scheme and type of exercises utilized!

The following workout is based on a lifter with a recent best lift of 400 lbs. The workout consists of 20 weeks broken into 12 weeks of conditioning and 8 weeks of contest preparation. The most important part of the workout is the 12 weeks of conditioning. To make a long story short this is a 20 week commitment. No sloughing off for 20 weeks.

**Conditioning Phase:** 12 weeks, bench 1 time per week, no bench shirts and all sets done 90 seconds apart. Workouts are short and to the point!

**Week 1:** Bench Press - 135x4x1, 185x3x1, 225x2x1, 265x8x3, 225x8x1 (3 sec. pause each). Close Grip Bench Press and Incline Bench Press - 185x8x3.

**Week 2:** Bench Press - 135x4x1, 185x3x1, 225x2x1, 270x8x3, 230x8x1 (3 sec. pause each). Close Grip Bench Press and Incline Bench

# 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)**

## Ty Stapleton Bench Routine

Press - 190x8x3.

**Week 3:** Bench Press - 135x4x1, 185x3x1, 225x2x1, 275x8x3, 235x8x1 (3 sec. pause each). Close Grip Bench Press and Incline Bench Press - 195x8x3.

**Week 4:** Bench Press - 135x4x1, 185x3x1, 225x2x1, 280x8x3, 240x8x1 (3 sec. pause each). Close Grip Bench Press and Incline Bench Press - 200x8x1.

**Week 5:** Bench Press - 135x4x1, 205x3x1, 245x2x1, 290x5x4, 250x5x1 (3 sec. pause each). Close Grip Bench Press and Incline Bench Press - 210x5x3.

**Week 6:** Bench Press - 135x4x1, 205x3x1, 245x2x1, 295x5x4,

255x5x1 (3 sec. pause each). Close Grip Bench Press and Incline Bench Press - 215x5x3.

**Week 7:** Bench Press - 135x4x1, 205x3x1, 245x2x1, 300x5x4, 260x5x1 (3 sec. pause each). Close Grip Bench Press and Incline Bench Press - 220x5x3.

**Week 8:** Bench Press - 135x4x1, 205x3x1, 245x2x1, 305x5x4, 265x5x1 (3 sec. pause each). Close Grip Bench Press and Incline Bench Press - 225x5x3.

**Week 9:** Bench Press - 135x4x1, 225x3x1, 275x2x1, 315x3x4, 275x3x1 (3 sec. pause each). Close Grip Bench Press and Incline Bench Press - 235x3x3.

**Week 10:** Bench Press - 135x4x1, 225x3x1, 275x2x1, 320x3x4, 280x3x1 (3 sec. pause each). Close Grip Bench Press and Incline Bench Press - 240x3x3.

**Week 11:** Bench Press - 135x4x1, 225x3x1, 275x2x1, 325x3x4, 285x3x1 (3 sec. pause each). Close Grip Bench Press and Incline Bench Press - 245x3x3.

**Week 12:** Bench Press - 135x4x1, 225x3x1, 275x2x1, 330x3x4, 290x3x1 (3 sec. pause each). Close Grip Bench Press and Incline Bench Press - 250x3x3.

**Assistance Work:** Behind Neck Press 3x8, Dumbbell Lateral Raises 3x8, Dumbbell Front Raises 3x8, Rear Delt Raises (Pec Dec) 3x8, Lying Tricep Extensions 3x8, French Press 3x8 and Tricep Push-downs 6x8. These exercises performed with 60 sec. rest between sets.

**Competition Phase:** 8 weeks, bench 1 time per week. Bench shirt for next 8 workouts is worn for last warm-up and work sets. Every repetition is paused at competition length and rest as needed between sets.

**Week 1:** Bench Press - 135x5x1, 225x4x1, 315x3x1, 335x5x4, 295x5x1 (3 sec. pause each). Close Grip Bench and Incline Bench 265x5x1.

**Week 2:** Bench Press - 135x5x1, 225x4x1, 315x3x1, 345x5x4, 305x5x1 (3 sec. pause each). Close Grip Bench and Incline Bench - 275x5x1.

**Week 3:** Bench Press - 135x5x1, 225x4x1, 315x3x1, 355x5x4, 315x5x1 (3 sec. pause each). Close Grip Bench and Incline Bench 285x5x1.

**Week 4:** Bench Press - 135x5x1, 225x4x1, 315x3x1, 365x5x4, 325x5x1 (3 sec. pause each). Close Grip Bench and Incline Bench 295x5x1.

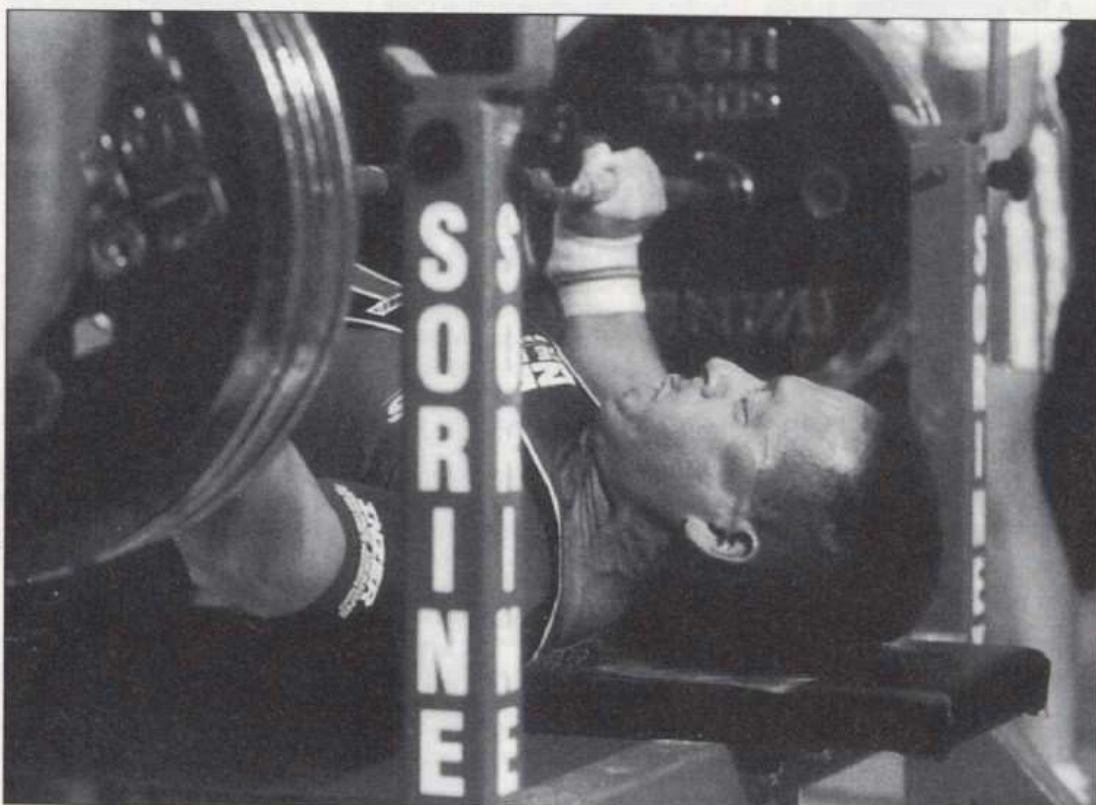
**Week 5:** Bench Press - 135x5x1, 225x4x1, 315x3x1, 350x1x1, 380x3x4, 340x3x1 (3 sec. pause each). Close Grip Bench and Incline Bench 310x3x1.

**Week 6:** Bench Press - 135x5x1, 225x4x1, 315x3x1, 365x1x1, 390x3x4, 350x3x1 (3 sec. pause each). Close Grip Bench and Incline Bench 320x3x1.

**Week 7:** Bench Press - 135x5x1, 225x4x1, 315x3x1, 365x1x1, 400x3x3, 360x3x1 (3 sec. pause each). Close Grip Bench and Incline Bench 330x3x1.

**Week 8:** Bench Press - 135x5x1, 225x4x1, 315x3x1, 365x1x1, 415x2x2, 375x2x1 (3 sec. pause each). Close Grip Bench and Incline Bench 305x3x1.

**Assistance Work:** Perform the same exercises as the conditioning phase except drop to 1x8. Meet Attempts: 1st - 390, 2nd - 415-420, 3rd - 435-440.



Ty Stapleton went after one of Mike Bridges IPF World Records with a 530 at the '96 USPF Sr. Nationals.