

Last month, if you recall, we showed you one example of using upper back training to residual effect peak your bench press. This was just one of many residual effect programs we have for the bench press. This month I will show you a different peaking cycle. You will use upper back training to peak your bench press through a straight peak.

Even though chest, shoulders and triceps are the prime movers for the bench press, your upper back is the fundamental stabilizer that allows you to succeed in a heavy bench press. Many times you

TRAINING

UPPER BACK TRAINING Bench Press Peaking

as told by Greg Reshel of POWER EXCEL

Power Excel Club

*** Lifts Stalled? * Not Satisfied with your Progress? * We Can Help!**
-Off Season - Pre-contest - Peaking Cycles - Nutritional Advice
WE DO IT ALL!!! These are not "off the shelf" standard percentage programs!! We make programs that are tailor made just for you!! your goals! your talent! your temperament! your physique! and we include all the accessory work!!!
SPECIAL OFFER!!! Join now as a GOLD member and receive the first POWER EXCEL INSTRUCTIONAL VIDEO OF NEW PRODUCT "3-in-1" Formulation - 600 grams powder - contains OKG, Creatine Monohydrate, and BCAA's in high volume. PEG price = \$29.95. This is a superior training formulation and we have seen great results!! We also carry "Power Cube" Arginine Complex, OKG, Fat Burners, Chromium Picolinate, and a complete nutrition product line.

CALL US TODAY for a FREE CATALOG!!
7 Days per week, 24 hours (414) 769-1211
Office Hours Monday Through Friday 2-6pm Central time (414) 769-1211 or (414) 769-1760

will lose your bench press at the bottom when your shoulder blades kick out. Other times you will lose the bench press at the 24 inch sticking point because you spread your shoulder blades and rounded your shoulders forward as your elbows kick out. Also you might have lost your bench press near the top because you were not able to rotate your shoulder blades out properly to push the bar toward the rack and a successful lockout. In all of the cases listed above, the muscles of the upper back are not up to the task of stabilizing your bench press drive and without stabilization you have no drive and your bench press gives out.

The following program is eight weeks in length and assumes you already have a 330 lb. bench press. You may use percentage calculations to convert the numbers for training if your bench press is between 160 lbs. and 450 lbs. Out of those numbers you need a different program. This program assumes you have just finished a period of heavy training on bench press and other chest and shoulder exercises. I assume that you are somewhat tired but not injured or peaked. This eight week program will work you two times per week to push your bench press from 330 lbs. over the 360 lbs. mark. Remember, for this workout to be

effective, you must have completed at least 6 weeks of regular and heavy bench pressing with chest, shoulder and triceps accessory work. This routine will rest the prime movers as it exercises upper back stabilization to peak your bench press with a 5-10% gain.

Day 1.

1. Parallel Grip Lat Pulldowns - 3 sets of 8 reps with moderate weight. Use a straight bar of about 3 feet in length with opposing grips. Tilt your head back and look at the overhead pulley as you lean back about 15 degrees and pull the bar to your upper chest. Pinch your shoulder blades together as you pull the bar down. Stretch completely at the top. Note: this exercise should always be light and smooth.
2. Bench Press - follow chart below.
3. Front Barbell Raise - 4 sets of 7 reps [Note: this exercise should be light on weeks 5 & 6. Light and drop to 2 sets week 7, drop totally the week of the meet.] Use a barbell held at the level of your sternum with your elbows out and the bar 6-8 inches in front of your torso. Keep the bar 6 inches in front of you as you raise it to the height of your eyes. Your forearms should be nearly parallel to the floor at all times. Your shoulder blades should be pinched back and kept down with your neck long throughout the movement. Lower the bar slowly.
4. Bent Elbow Barbell Pullovers - 4 sets of 8 reps [Note: this exercise should be light weeks 5, 6, 7, and drop totally week of the meet.] Use a 6-8" grip on a straight bar starting on your chest as you lay on a flat bench with your head slightly over the bench. Keep your elbows bent as you skim the bar over your face and down past your head. The bar should be very close to you at all times. Breathe deeply as you stretch and then pull the bar along the same path to your chest again.
5. Seated Bent Forward Lateral Raises - 4 sets of 12 reps [Drop on

week 6, 7, 8, 1] Sit on the edge of a bench with your knees together. Lean forward with your chest over your legs and your head facing the floor out in front of you. Hold the dumbbells down at arms length with your thumbs facing each other. Keep the dumbbells in that alignment as you raise them to the height of your ribcage by lifting your elbows out to sides and pinching your shoulder blades together. Your forearms should always be pointed straight toward the floor with your elbows bent. Hesitate at top and lower slowly to full extension.

Day 2.

1. Bench Press - follow chart below:
2. Standing High Pulley Row to Mid-Chest [drop this exercise on week 7] - 3 sets of 10 reps
- Stand 2 - 3 feet away from a high pulley apparatus. Face the pulley and hold a straight bar with approximate competition bench grip at the level of the top of your head. Keep your torso straight, back flat, shoulders back, while you pull the bar in a rowing motion to your mid-chest. Your forearms will be parallel to the floor at all times. Shoulder blades should be held down at all times. Release slowly to full extension.
3. Wide Grip Upright Rows keep this exercise light and drop week 8] - 3 sets of 12 reps. Stand gripping a straight bar with a grip slightly wider than your competition bench while keeping your wrists cocked back at all times. You must stand with your knees bent slightly, back flat, head up, shoulders held back and down at all times. The bottom of the movement will be full extension with your wrists cocked at all times. Raise the bar by puffing your elbows out to the sides and up. Forearms will be nearly vertical. The bar will travel about as high as your lower pecs and then slowly

Upper Back Training may well be one of the 'taken for granted' keys to exceptional benching strength

the last couple of weeks, you will recover and be able to handle much heavier weights in good form. This way you will bench heavier in the contest. Try this program and shatter your personal best!

For information on this as well as custom tailored training routines, call us at Power Excel (414) 769-1211 2-6PM CST. We can show you how to reach your dreams! Good Luck and Good Lifting!

Week #	Set #1	Set #2	Set #3	Set #4	Set #5	Set #6	Set #7	Set #8
1st	135 x 8	165 x 6	185 x 3	205 x 3	205 x 3	205 x 3	205 x 3	135 x 20
2nd	135 x 8	165 x 6	185 x 3	185 x 3	185 x 3	185 x 3	185 x 3	135 x 20
3rd	135 x 8	165 x 6	185 x 3	205 x 3	205 x 3	205 x 3	205 x 3	135 x 20
4th	135 x 8	165 x 6	185 x 3	185 x 3	185 x 3	185 x 3	185 x 3	135 x 20
5th	135 x 8	165 x 6	185 x 3	205 x 3	205 x 3	205 x 3	205 x 3	135 x 20
6th	135 x 8	165 x 6	185 x 3	185 x 3	185 x 3	185 x 3	185 x 3	135 x 20
7th	135 x 8	165 x 6	185 x 3	205 x 3	205 x 3	205 x 3	205 x 3	135 x 20
8th	135 x 8	165 x 6	185 x 1	185 x 1	185 x 1	185 x 1	185 x 1	135 x 20

Thursday of meet week!

Open 305 2nd 335 3rd 360