

WORKOUT of the Month

The following workout is based on a person coming in with a 400 lb. bench press. If you train hard, heavy, and smart you can expect to see a 30 to 40 lb. increase. This workout involves training the chest once a week. I believe any more than that is counter-productive. My workout is short, with high resistance and low repetitions. I bench with a wide grip, and place my middle finger on the outer ring of the bar. I use the Inzer Poly bench shirt, as well as wrist wraps by Inzer, (which is a necessity).

For my assistance work, assuming your chest workout is on Saturday: shoulders would be trained on Monday, and triceps on Tuesday. The 1st exercise should be heavy weight, with low repetitions for both bodyparts. The low repetitions add

Dave Waterman Bench Press

maximum strength without taxing the joints. The order in which body parts are trained is a key factor. It is important that all 3 bodyparts be trained by Tuesday so your muscles have time to repair.

It is this workout that helped me break 9 World Records. To have a personal workout sent to you, please include your current maximums in each of the bodypart exercises listed above, along with a check for \$25 to: David Waterman, 4 Sunny Brook Lane, Utica, NY 13502. I will also include a FREE autographed picture!

Advice: Keep your protein up, train hard, and stay focused. Good Luck and stay strong!

Week 1 - Flat Bench - 135 x 6, 225 x 4, 275 x 3, 325 x 3. Shirt - 345 x 3. Shirt - 315 x 3. Assistance Work: Shoulders - Military Press to Front - warmup, 3 x 3 - 180 lbs.; Triceps - Close Grip Press - warmup, 3 x 3 - 215 lbs.

Week 2 - Flat Bench - 135 x 6, 225 x 4, 275 x 3, 335 x 3. Shirt - 355 x 3, Shirt - 355 x 3. Assistance Work: Shoulders - Military Press to Front - warmup, 3 x 3 - 190 lbs.; Triceps - Close Grip Press - warmup, 3 x 3 - 235 lbs.

Week 3 - Flat Bench - 135 x 6, 225 x 4, 275 x 2, Shirt - 335 x 2, Shirt - 345 x 2, Shirt - 360 x 2. Assistance Work: Shoulders - Military Press to Front - warmup, 3 x 2 - 200 lbs.; Triceps - Close Grip Press - warmup, 3 x 2 - 250 lbs.

Week 4 - Flat Bench - 135 x 6, 225 x 4, 275 x 2, Shirt - 345 x 2, Shirt - 355 x 2, Shirt - 365 x 2. Assistance Work: Shoulders - Military Press to Front - warmup, 3 x 2 - 210 lbs.; Triceps - Close Grip Press - warmup, 3 x 2 - 275 lbs.

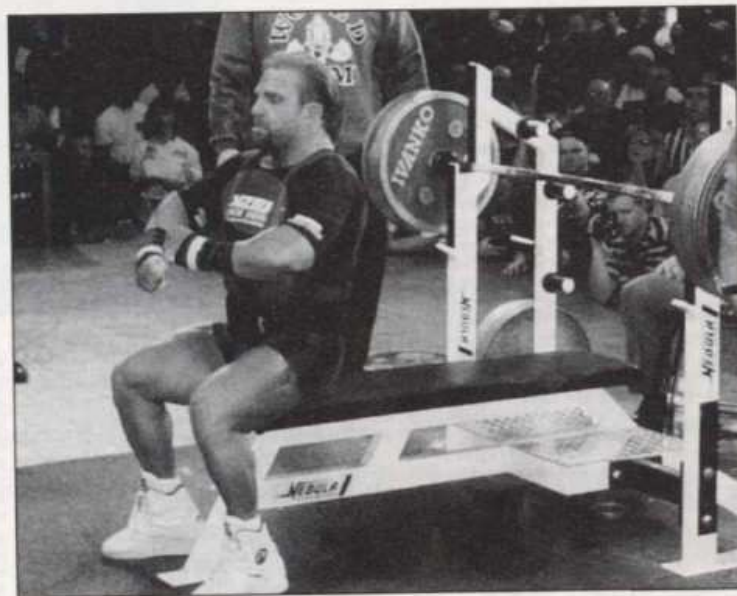
Week 5 - Flat Bench - 135 x 6, 225 x 4, 275 x 1, Shirt - 375 x 1, Shirt - 380 x 1, Shirt - 385 x 1. Assistance Work: Shoulders - Military Press to Front - warmup, 3 x 1 - 225 lbs.; Triceps - Close Grip Press - warmup, 3 x 1 - 295 lbs.

Week 6 - Flat Bench - 135 x 6, 225 x 4, 275 x 1, 300 x 1, Shirt - 380 x 1, Shirt - 395 x 1, Shirt - 405 x 1. Assistance Work: Shoulders - Military Press to Front - warmup, 3 x 1 - 220 lbs.; Triceps - Close Grip Press - warmup, 3 x 1 - 315 lbs.

Week 7 - Flat Bench - 135 x 6, 225 x 4, 275 x 1, 300 x 1, Shirt - 360 x 1, Shirt - 395 x 1. No Assistance Work.

Week 8 - Meet Day: Opener #1 - 405 lbs.; #2 - 420 lbs. #3 - 430 lbs.

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)



Dave Waterman sets up for a bench attempt at the Arnold Classic.