

# WORKOUT of the Month

This workout is based on a 400 lb. maximum bench press with a single ply shirt. You should expect a 10-20 lb. gain if you have been seriously training before the start of the cycle and you are injury free. Use strict form in training and pause the last rep of every set including close grips. I use a 10 week cycle, benching once a week. My workouts are short, but intense - remember recovery is very important. Following are the weight and rep scheme for both the bench press and close grips, which should be done with the index finger on the smooth part of the bar.

The rest of my assistance exercises on bench day includes

## Mike Danforth Bench Press

**Week 1:** bench press 270 x 5 x 3 (5 reps, 3 sets), close grips 220 x 5

**Week 2:** bench press 280 x 5 x 3, close grips 230 x 5.

**Week 3:** bench press 290 x 5 x 3, close grips 240 x 5.

**Week 4:** bench press 300 x 3 x 3, close grips 250 x 5.

**Week 5:** bench press 315 x 3 x 2, close grips 260 x 5.

**Week 6:** bench press 330 x 3 x 2, close grips 270 x 5.

**Week 7:** bench press 345 x 2 x 2, close grips 280 x 5.

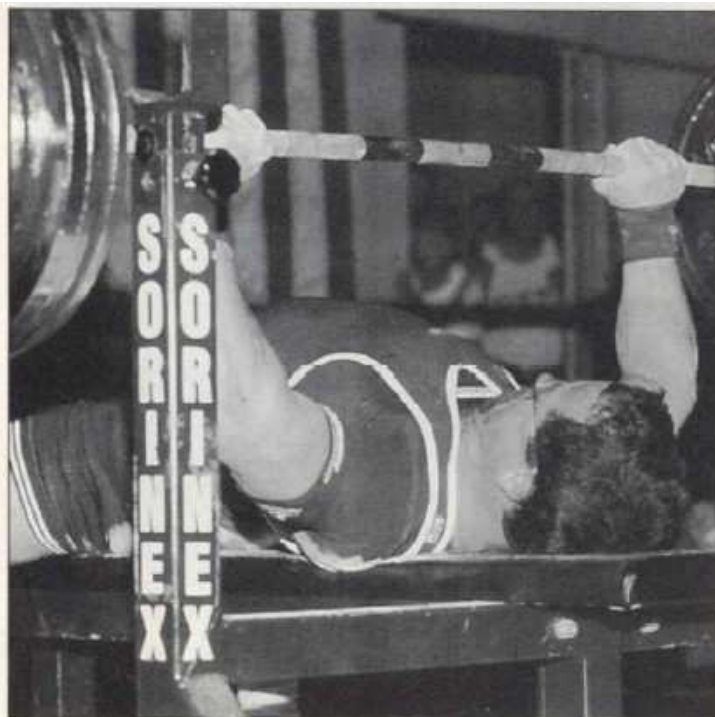
**Week 8:** bench press 365 x 3 x 1 (add shirt), close grips 290 x 3.

**Week 9:** bench press 380 x 2 x 1, close grips 300 x 3.

**Week 10:** bench press 395 x 1 x 2, close grips 315 x 3.

should be 10 days out from the meet. On meet day keep your warm-ups brief and it's better to put your shirt on a little early than too late. Attempts should be as follows: 1st 374, 2nd 402, 3rd 413-418.

This workout has enabled me to go from a USPF Junior National & American record of 352 @ 165 in my second meet to a 440 @ 181 at the 1997 USPF Seniors. If you are interested in a personalized routine, send your maximum bench press and a copy of the workout that you used to achieve that result along



*Mike Danforth used this bench press workout to enable him to go from a USPF Junior National and American record of 352 at 165 lbs. in his second meet, to a 440 at 181 lbs. at the 1997 USPF Seniors.*

weighted push-ups with my feet on a 12" box - have a training partner place a 100 lb. plate on your back and do 3 sets until failure, varying your hand placement from close to wide and add weight when your reps get to be over 12. The next exercise is incline dumbbell front raises, use a 45 degree bench with your thumbs facing up and a slight bend in your elbows. Do 3 sets of

5-8 reps.

That's about it for bench day, except that before each bench and shoulder workout I do rotator cuff exercises with dumbbells, working both internal and external rotation. I bench on Wednesdays and do my shoulder work on Sundays, which includes: seated press, side laterals, hand stand push-ups, and 1 more triceps exercise which varies from push-

downs, seated or lying dumbbell extensions, to weighted dips. Cycle your shoulder presses, trying to set a PR every 8-10 weeks.

The last heavy bench day

with a \$10 check to: Mike Danforth, 176 Lake Road, Wilton, ME 04294. Remember Consistency, Dedication, and Hard Work yields the best results.

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