

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).

Lamar Gant's Bench Press



Lamar's Back Arch has been an object of awe in the lifting lore of the bench press for many years. Here he is setting up at the 1979 Bay St. Louis SRs.

The bench press is the most commonly performed lift in weight training. There are dozens of bench press contests throughout the United States, and equally as many experts on the lift.

You can combine several training modes that will create strength in this lift; but like any combination, you must find the right formula.

My recommended routine assumes a three hundred bench press coming in and follows a nine week plan.

The first day for your benches is Saturday and the second day is Tuesday. Tuesday's is identical to Saturday's workout, except you use 10 lbs. less on the bar. Your assistance is done on the days you bench press, and the workload varies according to the day (light or heavy) it is done.

Keep in mind that your assistance work will last only 6 weeks, doing three sets of each lift. The weight you start with in the assistance exercises should be an amount that you are capable of handling for 3 reps more than what is required. Increase the weight 5 lbs. per week. The assistance exercises are close grip benches, dumbbell flies, dumbbell

front raises, and hammer curls.

Week 1: 135x10, 190x12, 190x12, 190x12, 190x12, 190x12

Week 2: 135x10, 200x12, 200x12, 200x12, 200x12, 200x12

Week 3: 135x10, 210x12, 210x12, 210x12, 210x12, 210x12

Week 4: Warm-up to 240x6, 240x6, 240x6, 240x6

Week 5: Warm-up to 250x6, 250x6, 250x6, 250x6

Week 6: Warm-up to 260x6, 260x6, 260x6, 260x6

Week 7: Warm-up to 280x3, 280x3, 280x3

Week 8: Warm-up to 290x3, 290x3, 290x3

Week 9: Warm up to 315 for 4 sets of singles with a pause.

Don't bench or do assistance work the week of the contest. On the day of the meet warm up with 135x10, 225x3, 260x1. Let the opener bench be conservative with 290, second attempt 315. I'll let you be the judge on your last attempt from 320 to 330.

I do recommend using wrist wraps and a bench press shirt.

Lamar Gant
1662 South Vrain
Denver, CO 80219