

WORKOUT OF THE MONTH

BRAD KELLEY BENCH PROGRAM

Week 1: Monday-2 board-Warm up, Bar x 1 x 10, 135 x 2 x 10 (no boards), 185 x 2 x 8, 225 x 2 x 6 (no boards), 315 x 3, 405x3, 455x3, 495x3, (Karin's Double Denim) 545x3, 585x3, 640x3, 685x1, 730x1, Lat Pull Downs - 200x4x8, Weighted Dips - 50x2x6, 90x2x6; **Thursday**-Benchpress - Barx1x10, 135x2x10, 185x2x8, (Light/Pink Bands Doubled) 95x5x10, (Light Bands + Mini Bands Doubled) 135x5x8, 185x8, 225x3x8, Close Grip Benchpress - (Light Bands) 95x4x8, Triceps Pressdowns - 80x10, 90x10, 100x10, 110x10, Lat Pulldowns - 130x10, 140x10, 150x10, 160x10.

Week 2: Monday-2 Board-Warm up, Bar x 1 x 10, 135 x 2 x 10 (no boards), 185 x 2 x 8, 225 x 2 x 6 (no boards), 315x3, 405x3, 455x3, 495x3, (Karin's Double Denim) 545x3, 585x3, 635x3, 685x1,

715x1, 737.5x1, Lat Pulldowns - 200x4x8, Weighted Dips - 90x2x6, 125x2x6; **Thursday**-Benchpress - Barx1x10, 135x2x10, 185x2x8, (Light/Pink Bands Doubled) 115x5x10, (Light + Mini Bands Doubled) 135x5x8, 185x8, 225x3x8, Close Grip Benchpress - (Light Bands) 115x4x8, Triceps Pressdowns - 80x10, 90x10, 100x10, 110x10, Lat Pulldowns - 130x10, 140x10, 150x10, 160x10.

Week 3: Monday-2 Board - 2 Board - Warm up, Bar x 1 x 10, 135 x 2 x 10 (no boards), 185 x 2 x 8, 225 x 2 x 6 (no boards), 315x3, 405x3, 455x3, 495x3, (Karin's Double Denim) 550x2, 585x2, 635x2, 675x2, 725x2, (No Boards) 725x1, Lat Pulldowns - 200x4x8, Weighted Dips - 90x2x6, 125x2x6; **Thursday**-Benchpress - Barx1x10, 135x2x10, (Light/Pink Bands Doubled) 145x5x10, (Light + Mini Bands

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 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 the 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 1.2 (600 divided by 500).

Doubled) 135x5x8, 185x8, 225x3x8, Close Grip Benchpress - (Light Bands) 145x6x8, Triceps Pressdowns - 80x10, 90x10, 100x10, 110x10, Lat Pulldowns - 130x10, 140x10, 150x10, 160x10.

Week 4: Monday-Off. **Thursday**-Benchpress - Barx1x10, 135x2x10, 185x2x8, (2 Mini Bands Doubled + 80 Pounds of Chain) 145x8x3, Close Grip Benchpress - (2 Mini Bands Doubled) 145x3x8, Lat Pulldowns - 130x10, 140x10, 150x10, 160x10.

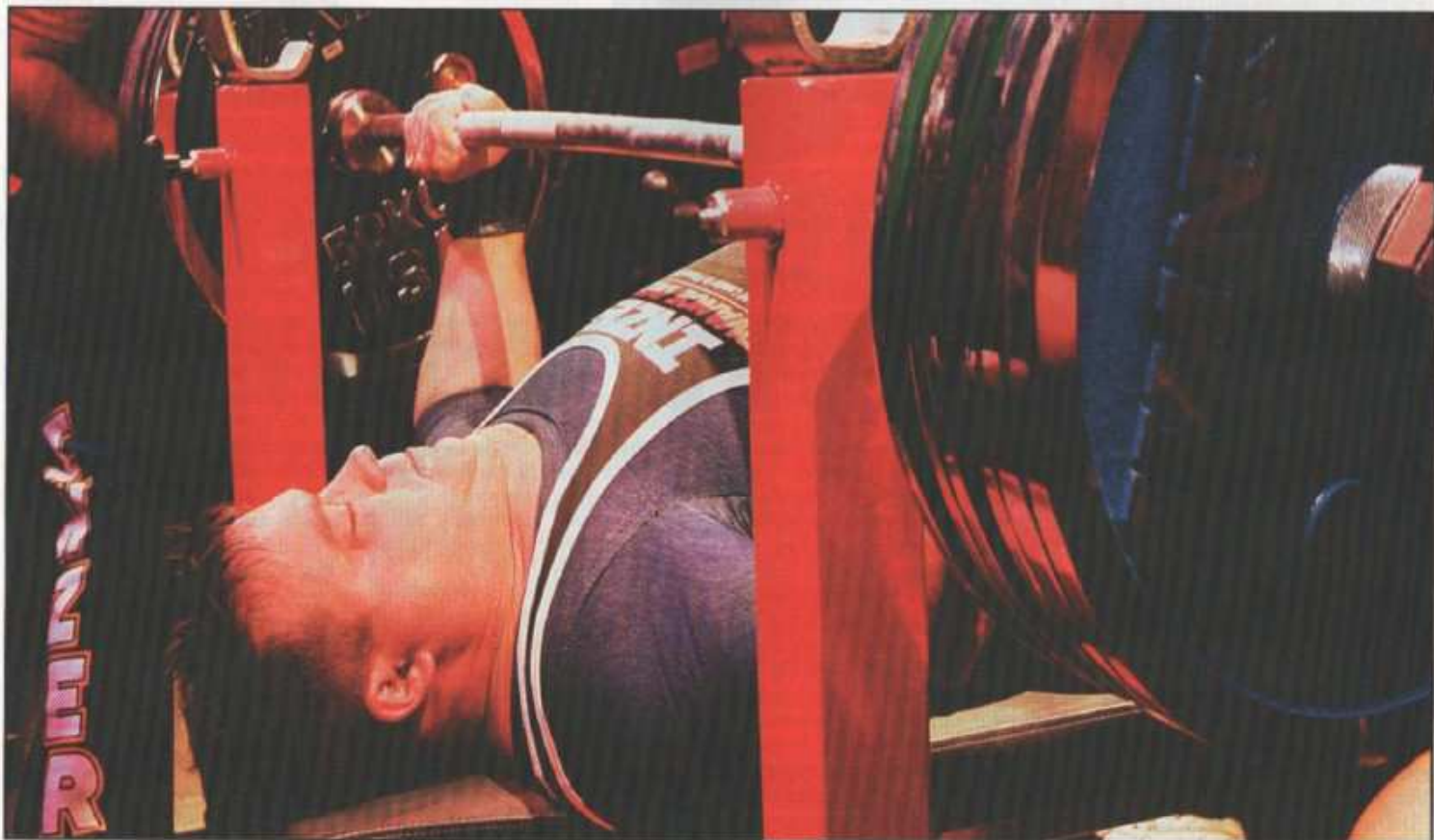
Week 5: Monday-Benchpress - Barx1x10, 135x2x10, 225x2x10, (1 Board) 315x2, 405x2, 455x2, 495x2, (Karin's Double Denim) 585x2, 640x2, 685x2, 737x2, 750x1, (No Boards) 705x1. **Thursday**-Benchpress - Barx1x10, 135x2x10, 185x2x8, (2 Mini Bands Doubled + 80 Pounds of Chain) 145x8x3, Close Grip Benchpress - (2 Mini Bands Doubled) 145x3x8, Lat Pulldowns - 130x10, 140x10, 150x10, 160x10.

Week 6: Monday-Benchpress - Barx1x10, 135x2x10, 225x2x10, (1 Board) 315x2, 405x2, 455x2, 495x2, (Karin's Double Denim) 585x2, 640x2, 685x2, 737x2, 750x2, (No

Boards) 725x1. **Thursday**-Speed Bench - Barx1x10, 135x2x10, 225x2x10, 315x10x3, Triceps Pressdowns - 80x10, 90x10, 100x10, 110x10, Lat Pulldowns - 130x10, 140x10, 150x10, 160x10.

Week 7: Monday-Benchpress - Barx1x10, 135x2x10, 225x2x10, (1 Board) 315x2, 405x2, 455x2, 495x2, (Karin's Double Denim) 585x2, 640x2, 685x2, 737x2, 777x2, (No Boards) 725x1. **Thursday**-Speed Bench - Barx1x10, 135x2x10, 225x2x10, 365x10x3, Triceps Pressdowns - 80x10, 90x10, 100x10, 110x10, Lat Pulldowns - 130x10, 140x10, 150x10, 160x10.

Week 8: Monday-Benchpress - Barx1x10, 135x2x10, 225x2x10, (1 Board) 315x2, 405x2, 455x2, 495x2, (Karin's Double Denim) 585x2, 640x2, 685x2, (No Board) 705x1. **Saturday**-Warm Up Room Benchpress - Barx1x10, 135x2x10, 225x2x10, (1 Board) 315x2, 405x2, 455x2, 495x2, (Karin's Double Denim) 585x2, 640x2, 685x2, (No Board) 705x1, Competition Benchpress - 707.5, 735, 750, 772.5.



This is the exact workout that Brad Kelley used to produce his world's all time best bench press of 772, ranked #1 on this month's TOP 100 (Leon)