

WORKOUT OF THE MONTH

In 1979, when I started competing in powerlifting, there were no such things as bench shirts. The main expenses for a powerlifter were his squat suit, knee wraps, wrist wraps and double thick belt. I benched 320 at my first meet weighing 165 lbs., and only 15 years of age! After two years of consistent training, I held the school record with 457 weighing 198 lbs., This was just before my 18th birthday. The only tricks I had were variations of my grip and stance back then. At the age of 22, I did a 628 touch and go bench at a bodyweight of 238, but this was done wearing the very first series of single layer polyester blast shirts. These were about as beneficial as a thick tight T-shirt. As the shirts evolved in the sport, so did the lifters who used them. Many lifters that had prior shoulder problems were able to bench again with relatively no pain. In today's society of powerlifting if you use the gear correctly, you will exceed any P/R (personal record) that you had ever done before. Tonight was a perfect example, had a guy that use to train with my group when I was a teenager some 20+ years ago come in to learn how to bench again using the new gear. First, I worked on his technique by tucking his feet under the bench and up on his toes, squeezing the bench with his knees. Once his feet were set, then to lie back on the bench and push back towards the end of the bench by pushing against the bar or uprights.

Using a thumbless grip (suicide grip) you can grip the bar with it centered over your hand/wrist.

Once you get the hand off and start lowering the bar down, raise your head and tuck your elbows and touch the bar to your upper abdomen. Once you get the press signal, you explode off your chest by throwing your head back and heaving your entire upper body towards your head.

Everyone has different philosophies on when to train raw or when to train with gear. I had shoulder surgery Oct. 5th, 2002 and because of the double denim open back bench shirt, I benched 589 only 39 days after surgery with no pain! Since then, by utilizing my

Learning Today's BENCH PRESS TECHNIQUES

Joe Ladnier's "Tricks Of The Trade"



At the APF Seniors Nationals... Mr. & Mrs. Joe Ladnier with Taylor (13) and Joey (12). (Photograph provided by courtesy of Herb Glossbrenner)

double poly for speed training and double denim for leverage training. I have hit a 750 lb., bench press in training!

I have the Masters world record bench with 716 in the 242lb., class. It's a race between me and several others of who will get to 800 lbs., first!

A typical bench workout would

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).

225 lbs., for a fast set of 5 or 6 reps...resting the same.

315 lbs., for a fast set of 3 or 4 reps...resting the same.

Use a double poly shirt split up the back for this one, for easy on and off.

405 lbs., for one blasted rep, utilizing the shirt for your speed.

500 lbs., for one blasted rep, utilizing the shirt for your speed.

Next I put the double denim open back shirt on for maximum support.

I jump to 600 lbs., for 1 set of 1 rep, concentrating mainly on form.

665 lbs., is next for 1 set of 1 rep, still utilizing form.

700 lbs., is next for 1 set of 1 rep, pulling the shirt down a little from the shoulders and chest and really allowing the shirt to handle the weight coming down, you utilize all of your strength exploding up/back.

725 lbs., is next doing the same thing and really using your head and heaving movement of your body.

750 lbs., is done the same way, using the momentum from your body and head to throw it towards your lockout!

If you still feel good, go to 775 for 3x3 off 3" boards to aid in your lockout!

Next drop down to something lite and do 225 for 50 to 100 partial reps, to help increase the blood flow in your chest shoulders and arms for recuperation!!!

After this we might do heavy flat DB presses or heavy standing upright military on a machine.

Or we may just do heavy decline barbells using a close grip to help mimic our flat benchpress technique. We always change up the assistance work every week!

Upper Backwork is greatly needed also for a big bench! 2 day after you bench, you should do 3x8 wide grip pull-ups, 3x8 close grip pull downs, 3x8 seated cable rows! We also mix in t-bar rows also, to help create change! Remember the body adapts to exercise, so it's up to us to keep it constantly changed!!!

Stay Strong!

THE LAD

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go something like this:

Warm-up the shoulders doing variations of rotator cuff stretches and exercises with a lite dumbbell.

Start with only the 45 lb., bar to warm-up with on the bench for a set of 20 fast reps.

Next use 135 lbs., for 1 set of 10 fast reps, resting 3 to 5 minutes between sets.