

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)

Curtis Leslie - Bench Press Program

Believe it or not, the Bench Press is the "Meat" of a meet. This single lift can determine if you go home a winner or a loser. Many lifters don't care that much for the Bench Press. They focus more on the squat and use the deadlift as a saviour. Well, fellows, you had better wake up and realize that the Bench Press is part of a powerlifting contest. Just think about it for one second - with a big Bench Press, you can add pounds to your total. Here is a Bench Press routine I have used to get my Bench on track and up to national powerlifting standards. This routine shows a weekly program of reps, sets, and percentages. With this routine, you can plug in your own goal weight and figure out the poundages. Now - LET'S TRAIN

Week 1 - 3 x 15 @ 60%

Week 2 - 3 x 15 @ 65%

Week 3 - 3 x 15 @ 68%

Week 4 - 3 x 10 @ 50%

Week 5 - 3 x 15 @ 70%

Week 6 - 3 x 10 @ 75%

Week 7 - 3 x 10 @ 78%

Week 8 - 3 x 10 @ 55%

Week 9 - 3 x 8 @ 80%

Week 10 - 3 x 5 @ 85%

Week 11 - 3 x 5 @ 88%

Week 12 - 3 x 10 @ 60%

Week 13 - 2 x 5 @ 90%

Week 14 - 2 x 3 @ 95%

Week 15 - First attempt

weight

Week 16 - Contest

By using this routine, my bench has really been elevated. Hopefully, it will work for you too. For any questions or assistance, please feel free to contact me at 404-284-6331. THANKS and remember to train hard, but train smart

For guest appearances or seminars write to: Curtis Leslie, 2446 Glendale, Decatur, GA 30032



1994 WPC World Champ Curtis Leslie has been steadily improving his bench press to near 600 lbs. at 242.