

WORKOUT of the Month

This is a suggested workout routine for a 352 lb./160 kg. bench. I recommend this workout because it's fun and has proven to work wonders for many of my team members. To be precise, after putting seven lifters on the following program, the average increase in max bench press poundage was 64 lbs. for the 8 week cycle, thus, I feel a 44 lb./20 kg. gain should be within the capability of most trainees. If I worked with each of you who read this personally, the routine would be worth more due to eye contact, motivation, atmosphere, etc.

Let's train the bench twice a week, say Tuesday and Saturday, and let's do arms (triceps) Wednesday and shoulders and lats Sunday.

Week #1-4: Tuesday: use 1 inch wider grip than normal. 132x10, 220x8, 275x6, 308x4x4 sets, 275x4 with a pause, 220x10;

Add 44 Lbs. to Your Bench an effective routine by 9 Time World Powerlifting Champion Larry Pacifico

Incline Dumbbell Press 70x8x4 sets, Flat Bench Files 50x8x4 sets.

Saturday: Use 1 inch closer grip than normal 132x10, 220x8, 275x6, 308x4x4 sets, 275x4 with a pause, 220x10. Dumbbell Press with feet up 90x8x4 sets, Bar Dips 20x2 sets.

NOTE: Increase the weight if you need to on the 4 sets of 4 only. By the 4th week you may move up to 319 or so.

Week 5: Tuesday: Use your regular grip from now on. 132x10x2 sets of slow reps, 220x8, 275x6, 308x4, 330x4x3 sets, 275x10. Incline Dumbbell Press 80x8x4 sets, Flyes 65x8x4.

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)

Saturday: 132x10x2 sets of slow reps, 220x8, 275x6, 308x3. Try a single in the 374-385 range, plus 308x3 paused on the 3rd rep, Dumbbell Press with feet up 100x8x4 sets. No Dips.

Week 6-7: Tuesday: 132x10x2 sets, 275x6, 308x4, 341x2 with 2 second pause, 352x2x2 sets, 275x10. Incline Dumbbell Press 80-90x10x2 sets, Flyes 65x10x2 sets.

Saturday: 132x10, 220x8x2 sets, 275x6, 308x4, 341x2, 352x2, 364x2, 275x6 with 2 second pauses, No extras today.

PR Week 8: 132x10, 220x8x2 sets, 275x6, 341x1, 363x1, 385x1,

396-408x1 (of course, this attempt may be higher, but 396-408 should be a guarantee.)

Your tricep work-out should consist of 5 sets of 6 reps in the lying tricep extension, lowering the weight to the nose, followed by tricep push-downs, 4 sets/8 reps, done slow. Shoulder work should consist of alternating front dumbbell raises with thumbs up, 5 sets of 8 reps, increasing the weight each set, plus side cable raises, 4 sets of 8, and bent over cable raises, 4 sets of 8s. You should limit your vertical pressing to partial reps, meaning, press in front from chin level to 3/4 lockout for 4 sets of 8 reps, increasing the weight on every set.

Lat work should include chins. 4 sets of your limit, up to 15; Dumbbell Rows, 4 sets of 10 reps with heavy weight, and straight arm pullovers maintaining your breathing, for 4 sets of 12 reps each.