

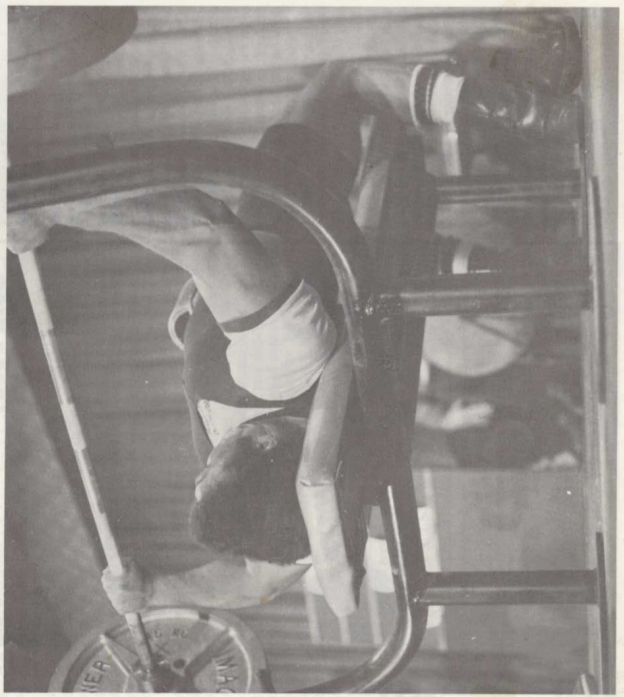
WORKOUT of the Month

Jim Rouse - World Record Bench Press Routine as told by Denny Miller, National Masters Champion

One of the most common questions asked in our gym is "How can I improve my bench?" Fortunately I have one of our club members, Jim Rouse, a world record holder. We asked Jim if he would give us a few tips. He was kind enough to outline the 12 week cycle he used to break his first world record, the same cycle Jim broke his first world record in 1974 at 165 lbs., benching 405 lbs. A few months later he broke the record again with 421. Since then Jim has broken the world record five times, adding basically the same program in addition to his world records in the bench. Jim is a member of the Masters world championships and has benched over 500 lbs at 181. Currently Jim is training at the Fitness Corporation in Joliet, Illinois hoping for a spot on the USA team for the 1983 World Masters Championships to be held in London, Ontario, Canada in September.

Jim's 12 week program involves benching two times per week (Monday and Thursday), one heavy day and one light day, with the addition of a third 'pause' day at the seventh week. Five pound increases per week. Case should be taken to keep strict form at all times, i.e., keep feet on the floor, but on the bench, and no bouncing of the bar on the chest. Also, very important is a good training partner, not only for spotting and for safety, but to provide good motivation and lifting 'psyche'.

Below Jim at the scene of his greatest bench pressing triumph, the 1980 Worlds, where he drove up a 479 World Record that still stands.



grip as bench) done to exhaustion. Press Thursday (light day), Bench Press 135x8, 190x6, 280x3, 285x3, 240x6. Incline Press 135x8, 170x6, 190x4. Pec Curls 55x8, 60x6, 65x4. EZ curls 75x8, 100x6, 125x4. Dips (body wt. only), bwx12, bwx15, bwx20. Cable Pulldown (reverse grip), 120x8, 130x6, 140x4. Chins done to exhaustion. Sit ups (with knees bent) 1x25 plus.

Note: All assistance exercises go up 5 lbs per week as well as bench. The lifter will notice that there is no direct shoulder or triceps work in this program. Jim feels that these muscle groups are worked enough indirectly with the designated exercises and any further work would not allow enough recuperation time.

Week 3 Monday (heavy day), Bench Press 135x8, 185x6, 255x4, 285x3, 330x3, 340x2, 265x10. Incline press 160x8, 195x6, 210x4. Dips (weighted) 30x8, 35x6, 60x4. Pulldowns (front), 110x8, 125x6, 135x4. Pulldowns (reverse) 125x6, 135x6, 145x4. Chins (same grip as bench) done to exhaustion. Sit Ups (with knees bent) 1x25 plus. Thursday (light day), Bench Press 135x8, 195x6, 285x3, 290x3, 245x6. Incline press 140x8, 175x6, 195x4. Dips (bodywt only), bwx12, 60x8, 65x6, 70x4. EZ bar curls 75x8, 105x6, 130x4, 7x1. Chin ups 125x8, 135x6, 145x4. Sit Ups done to exhaustion. Sit Ups 1x25 plus.

Week 4 Monday (heavy) Bench Press 135x8, 190x6, 250x4, 290x3, 335x3, 345x3, 270x9, 290x3. Incline press 165x8, 200x6, 215x4. Dips (weighted) 35x8, 60x6, 65x4, 60x8. Pulldown (front) 115x8, 130x6, 140x4. Pulldown (reverse grip) 130x8, 140x6, 150x4. Chins (same grip as bench) done to exhaustion. Sit Ups (with knees bent) 1x25 plus. warm up sets have increased from 135 to 185 up to 135 and 190. (2nd set will increase 5 lbs per week, but should never exceed 225).

Week 5 Monday (heavy) Bench Press 135x8, 195x6, 255x4, 295x3, 340x3, 350x2, 275x8. Incline 165x8, 200x6, 215x4. Dips (weighted) 40x8, 65x6, 70x4. Pulldowns (front) 120x8, 135x6, 145x4. Pulldown reverse grip 135x8, 145x6, 155x4. Chins (same grip as bench) done to exhaustion. Sit Ups (with knees bent) 1x25 plus. Thursday (light), Bench Press 135x8, 205x6, 295x3, 300x3, 255x6. Incline press 145x8, 185x6, 205x4. Dips (bodywt) bwx12, bwx15, bwx20. Dumbbell pec curls 60x8, 65x6, 70x4. EZ bar curls 85x8, 115x6, 140x4, 7x1. Pulldown (reverse grip) 135x8, 145x6, 150x4. Chins ups done to exhaustion. Sit Ups (bent knee) 1x25 plus.

Note: At the 8th week Body wt dips and pulldowns are dropped from the light day and weight is added to the chins. Use the same grip as the BP (chin to front only.)

Note: The reason for lat pulldowns is to increase lat strength. Jim has tremendously big lats and feels they are important anchoring pads for the anterior part of the bench.

Week 6 Monday (heavy) Bench Press 135x8, 200x6, 260x4, 300x3, 345x3, 355x2, 280x8. Incline press 170x8, 205x6, 220x4, 75x4. Pulldown (front), 125x8, 140x6, 150x4. Pulldown (reverse grip) 140x8, 150x6, 160x4. Chins (same grip as bench) done to exhaustion. Sit Ups (with knees bent) 1x25 plus. Thursday (light day), Bench Press 135x8, 210x6, 300x3, 305x3, 260x6. Incline press 150x8, 190x6, 210x4. Dips (body wt only) bwx12, bwx15, bwx20. Dumbbell pec curls 65x8, 70x6, 74. EZ bar curls 80x8, 120x6, 145x4. Pulldown (reverse grip) 140x8, 150x6, 155x4. Chins ups done to exhaustion. Sit Ups 1x25 plus.

Week 7 On the 7th week of the cycle you add one 'pause' day to your bench workout. The pause should be exaggerated, longer than a contest pause; as much as 2 seconds for example. Now you are benching 3 times per week. The pause day can be combined with your DL or squat day if you wish.

Monday heavy: Bench 135x8, 205x6, 265x4, 305x3, 350x3, 360x2, 285x8. Incline press 170x8, 210x6, 225x4. Dips 50x8, 75x6, 80x4. Pulldowns (frt) 125x8, 145x6, 155x4. Pulldowns reverse 140x8, 155x6, 165x4. Chins to exhaustion. Situps 1x25 plus. Thursday, light: Bench 135x8, 215x6, 305x3, 310x3, 265x6. Incline press 150x8, 195x6, 215x4. Dips bwx12, bwx15, bwx20. Dumbbell pec curls 65x8, 75x6, 80x4. EZ bar curls 95x8, 125x6, 150x4. Pulldowns (reverse) 140x8, 155x6, 160x4. Chin ups done to exhaustion. Sit ups 1x25 plus.

Week 8 Monday heavy: Bench 135x8, 210x6, 270x4, 310x3, 355x3, 365x2, 290x7. Incline press 170x8, 215x6, 230x4. Dips (weighted) 55x8, 80x6, 85x4. Pulldowns (front) 130x8, 150x6, 160x4. Pulldowns reverse 145x8, 160x6, 170x4. Chin ups done to exhaustion. Sit ups 1x25 plus. Thursday, light: Bench 135x8, 220x6, 310x3, 315x3, 270x6. Incline press 150x8, 200x6, 220x4. Dumbbell pec curls 70x8, 80x6, 85x4. EZ bar curls 100x8, 130x6, 155x4, 7x1. Chin ups 25x8, 30x6, 35x4. Sit ups 1x25 plus.

Note: At the 8th week Body wt dips and pulldowns are dropped from the light day and weight is added to the chins. Use the same grip as the BP (chin to front only.)

Week 9 Monday heavy: Bench 135x8, 215x6, 275x4, 315x2, 360x2, 370x2, 295x6. Incline 175x6, 220x4, 235x3, Dips 60x6, 175x6, 220x4, 235x3, Dips 60x6.

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