



# SEAN FINNIGAN

**700 LB  
BENCHER  
AT 65**

**H**ow old are you, what do you do for a living and how long have you been lifting?

I'm 65 years old and I'm a security consultant. I'm working on getting the electronic security contract at DFW Airport right now so I'm hoping! As far as lifting goes, when I was 19 years old I weighed 165 and got a 405 bench in just a T-shirt. We didn't even have wrist wraps back then, much less bench shirts. Fast forward, I'm training at 45 and I'm getting 315 pretty easy, so I thought I'd go for 365, again raw,

and that went pretty easily. About a year later I got 405 weighing 198, and now 425-435 is a pretty regular thing. I ran into Ken Anderson and started training with him. Next thing I know he's got me in an early blast shirt and I went to a meet in Oklahoma and barely got 400. I thought "Gee, that's some great coaching. Only a 35 pound decrease in my bench in 3 months!". I ended up hitting almost 600 in my late 50's but since I've been training with Mike Womack for the last 3 years I'm benching more than I ever have. I'm looking to open tomorrow with 605, then 635 and if that goes well, 705. (Unfortunately Sean bombed with 605). I'm convinced

**“WITH THE EXCEPTION OF IRISH WHISKEY, I DON’T TAKE ANYTHING – CREATINE, PROTEIN POWDER, STEROIDS, ANY OF IT.”**



**605 WITH A THUMBLESS GRIP**

that if you find a good coach like Womack who can see your small faults and slowly change them you can keep making progress.

[Have you made any accommodations to age?](#)

I do a lot less volume and try to get to the higher weights faster. I do a lot of lockout work like pin press. I can keep making progress, and I routinely handle 675-705 in the gym. I need to work on translating that to a meet because I’ve bombed in the last three meets I’ve been in with weights that I smoke in the gym, so I’m working on consistency.

[How long will you keep trying to set new PR’s?](#)

Until they burn me and put me in a little urn! If my shoulders hold up, I can keep going. People ask me how much I can bench raw – I don’t know and I don’t want to find out! I suppose I could train just raw for 6 months or so and get near 500, but my shoulders would be destroyed and that would be the end of my benching, so I’m done with raw bench. I squat and deadlift in single ply in the gym and have squatted 600 in the last 18 months and I can deadlift 500 but my grip goes. If I use straps I can pull around 600.

[Do you train shoulders?](#)

I do Smith Machine presses and I like Hammer Strength presses. I never go over five reps on anything and it

revolves around making my bench better, not training for bodybuilding. I don’t do any biceps, because the bench shirt won’t fit. I’ve had guys with smaller arms than mine try to fit into my shirt and they can’t get the sleeve over the arm because they’ve got biceps.

[I can’t believe you’re 65 and you bench what you do.](#)

It’s from training with Mike Womack. I think he’s the greatest bench presser around and training with him has given me confidence and technique I could not have gotten anywhere else. I’ve got superior spotters and I wouldn’t lift heavy anywhere else. My shirt is like what most of Womack’s crew uses - a single ply F6.

[What’s your position on drug use in the sport?](#)

I just don’t care who takes what. I’m competing against myself and if that’s good enough to win, great! With the exception of Irish Whiskey, I don’t take anything – creatine, protein powder, steroids, any of it. I haven’t been injured and again, I credit Mike Womack for keeping his crew safe while lifting big weights. I don’t do stupid things that get me injured.

[Is there anyone you’d like to thank or mention?](#)

Mike Womack, Ken Anderson, and all my training partners. The list is long but they know who they are.

PLT