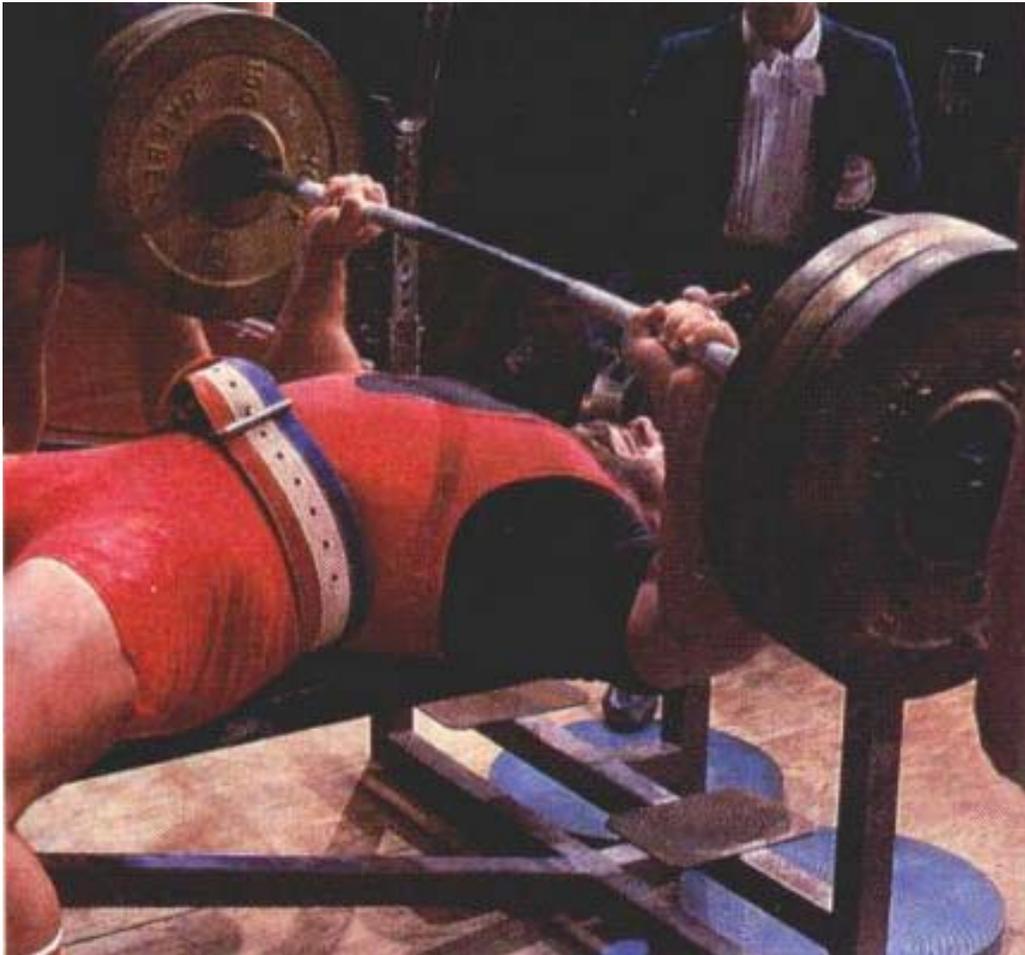


**Ted Arcidi "The Boss of the Bench Press"**  
(The first man to officially bench press 700 + pounds)



**By Dennis B. Weis "The Yukon Hercules"**  
[www.dennisbweis.com](http://www.dennisbweis.com)

**Ted Arcidi: “The Boss of the Bench Press”**  
**(The first man to officially bench press 700+ pounds)**  
**by Dennis B. Weis**  
**“The Yukon Hercules”**

I enjoy reminiscing about some of the iron game greats I have had the pleasure of interviewing over the years for many of the mainstream iron game publications. It seems like only yesterday but I will never forget one day in particular back in early 1985, when I had the pleasure of receiving a phone call from world class power lifter **Ted Arcidi** in Boston, Massachusetts. His reason for calling was to inform me that he had recently set a new **WORLD RECORD** in the **bench press** on March 3<sup>rd</sup> at the **1985** Hawaiian International Powerlifting Championships (i.e. Gus Rethwisch’s Budwiser World Record Breakers) in Honolulu, Hawaii.

He went on to tell me that he had **bench pressed** a **WR-705.5 lbs** in the Super Heavyweight class. I wasn’t quite ready for that statement. I was pleasantly **shocked**, a **705.5 lb** Bench Press!!! It wasn’t that I ever doubted Ted would eventually **break the 700 lb. barrier**, because in early December of ’84, he had plans of assaulting the **700 lb.** barrier at **York, Pa.** Those plans were temporarily interrupted and so it seemed that it might be a while before he would have a go at this seemingly **elusive target**.

Now, here we are just four months later, hearing the news of the **700 lb. barrier** being broken and in grand style by Ted. This is an **INCREDIBLE** feat of strength and for several reasons. **First**, Ted had added **38.1 lbs.** onto his previous...**world record** of **666.9 lbs.** at the Hawaiian Internationals in ’84.

Due to Ted’s **high tech** levels of **bench pressing**, a **38.1 lb. increase** in a one year time span, onto a previous **world record** could easily be compared to a world class **sprinter** eclipsing two seconds off the world record in the **100 yard dash**.

**Second**, he broke the world record while competing at the same **bodyweight** as he did at the ’84 Internationals. This, in itself, would indicate a **tremendous** increase in **super human strength** recruitment and with the absence of increased body fat.

**Third**, no other man in **powerlifting history** has ever **OFFICIALLY**, and please note I said **OFFICIALLY**, ventured into the **700 lb.** barrier.

Taking into account all of the above mentioned facts, this lift of **705.5 lbs.** would have to be **classified** as setting a new **dimension** or **milestone** in powerlifting. I wanted to hear more details about this **incredible** RECORD SHATTERING PERFORMANCE and the man who set it, so I made arrangements with **Ted** for an exclusive interview (the first of many over the next 15 years) for **IRON MAN** magazine.

Before I began the taped interview, I talked to Ted a little bit about his family background. During the course of this topic of conversation, I **realized** that much of Ted's **ENTHUSIASM** for **life's challenges** both in academics and sports, comes from being part of a **highly motivated** family of **WINNERS**.

To illustrate this point, his father was a very **SUCCESSFUL** Dental Orthodontist. Two of Ted's sisters had also chosen this area of the **medical field** as an Orthodontist and Dental Hygienist, while his third sister was a **high tech** representative with a Boston based company which deals with silicone chips.

Three brothers also contribute to this family of **winners** in the field of Architect, Computer Major in college and Medical Doctor at Massachusetts General Hospital in Boston.

Finally, there is Ted who rounds out the family. He has gone to Dental School himself and will probably go on to complete this work at a later date. Ted reiterated to me that he is very proud of his family and their **accomplishments** to society through the professional industries.

Ted went on to mention that he is very **appreciative** of his parents for instilling into him at a very early age some **values of life**, one of those being an **ACHIEVER** in life by being **OPEN** and **WILLING** to learn **NEW** things.

Another value he learned was to be **FRIENDLY** and **HELPFUL** to others and **friendly** and **helpful** he is as he conducts summer **Strength Camps** for youngsters from grade 7 and up to 12<sup>th</sup> in the town of Concord.

Along with these values, Ted has also learned to start each day by being **GOOD** to **HIMSELF** and he aptly applies this every once in a while to one of his favorite pastime hobbies of **fly tying** and **trout fishing**.

**Ted Arcidi**, a man in the pursuit of **excellence**...Let's go on to the audio taped interview. **Ted, I guess it's only natural to begin this interview by asking you WHY you became interested in WEIGHT TRAINING?**

“It's your typical answer. I wanted the **STRENGTH GAINS** for Football and Ice Hockey, not too much for Football, but mainly for Ice Hockey was my big thing in High School, in which I made **ALL LEAGUE**. I needed the bodyweight, the supplementary weight, the strength to compete at a good level for High School sports. It took off from there. I just got addicted to weight training and I made some great gains. My physique improved dramatically.”

**How much did you weigh when you graduated from High School?**

“I graduated from High School only weighing 165 lbs. **A LOT OF PEOPLE STILL DON'T BELIEVE THAT!!!**”

**How old are you and what is your bodyweight at the present time?**

“I am 26 years old and I weigh approximately 285 lbs. at a height of 5’11”.

**Wow, that’s an initial muscular bodyweight gain of 120 lbs. since you graduated from High School. Obviously, there must have been a time factor in your career where you made some very rapid gains in SIZE and STRENGTH.**

“The first three years of my career were the most rapid in producing gains for that particular time. The body has such great POTENTIAL and very little sticking points as far as making the BENCH PRESS gains themselves.

Assistance work even tends to go up at a very high rate because you are dealing with poundages that can be handled and you get a way with some things. Later, as you get into high weight s, 500-600-650 and 700 lb. **Bench Presses**, everything has to be EXACT, TIME SCHEDULED and TECHNIQUES have to be perfect or else you don’t get the GAIN!!!

**Since you are now recognized by the APF and the UPF as the WORLD RECORD holder in the BENCH PRESS in the 275 lb. class at 650 lbs. and in the Super Heavies at an astounding 705 lbs. lets discuss some of the tremendous gains you have made in this powerlift.**

“O.K. Dennis. I have been interested in the competitive aspects of POWERLIFTING since mid 1980 and up to the present time. I have made gains of 100 lbs. a year on the BENCH PRESS alone!!! Then, I went down to 80lbs a year, then I had a few points where I only made 50 to 60 lb. gains a year. I have this year (late 1984 and early 1985) where I made a 45 lb. gain in the Bench Press. So those are some pretty good gains I have made during my training.”

**Obviously, from one look at your physical stature and your world record breaking performances in the Bench Press, it is evident that you have had the capabilities of producing good Bench Presses from a very early stage in your Powerlifting Career. Just out of curiosity, what could you bench press the first time you ever attempted the lift?**

“I did 170 lbs. for 4 ½ repetitions.”

**Now, while you made some rather fast gains in SIZE and STRENGTH early in your career, do you find that gains are slightly harder to make at this point in your career?**

“Gains are EXTREMELY hard to make later in one’s career and many things have to be taken into consideration. I feel **NUTRITION, REST and CYCLING YOUR**

**WORKOUT** are extremely important. I would have to say the two most important are **Nutrition** and **Rest** though, **RECUPERATION is very important!!!** If you don't recuperate, you are not going to be ready for your next workout and you're at a setback. You don't make the gains, you are striving to hold on to that plateau you made the week before if you get your **REST & NUTRITION**, and I mean **NAPS** during the day. I take a 1 ½ hour nap every day because the body grows not only during the night, but if your body is tired, it **STOPS GROWING**. It needs some REM (Rapid Eye Movement) sleep. It is during the REM sleep that the most body growth takes place. It doesn't take place when you walk around. You must be at **TOTAL REST**.

**The subject of STRENGTH is going to be a focal point in this interview and I think the readers would be very interested in some of the poundage you have used, and as well, the maximum number of repetitions you have done with these poundages. What are some of your rep/poundages in say, the Bench Press, Curl and, of course, the Behind the Neck Press?**

“If I do high reps, then I do them on a light training day. Once in a while, I'll rep out with 450 to 500 lbs. in the Bench Press. This is just to keep my wind going and flush the blood out and get the joints moving at a rapid pace. I don't do this as a regular practice. Probably only once every two months. The highest reps to date that I've done are 21 continuous reps with 505 lbs. in the Bench Press. In the Behind the Neck Press, I've done 315 lbs. for about 10 reps and the Standing Curl (strict) with 200 lbs. for 9 reps. **THESE ARE WORLD RECORDS!!!**”



**To date, what is your best maximum single attempt in the Squat and Deadlift?**

“In the gym, I've done 750 lbs in the Squat and in fact, walked out of the rack with over 800 lbs., but I cut it a little high. In the Deadlift, I have done about 730 lbs.”

**The poundages and various rep schemes for the lifts you have just mentioned seem to indicate that you train with extreme intensity and maximum overloads. Have you ever incurred any severe injuries from your training which has caused you a setback to your future goals?**

“As far as movements that give me an injury or a strained feeling in the muscle, I haven’t mentioned too much on Deadlifts up to this point, but if you don’t attack the weight the right way, you’re really going to hurt your lower back (lumbar region). So I take my time in warming up in the Deadlift. I haven’t had a bad injury in that exercise. I have had some strain though.”

**Didn’t you experience a shoulder injury some time ago?**

“I injured my ‘rotary cuff’ doing Behind the Neck Presses about a year ago.

My Behind the Neck Press, I cherish as being one of the greatest UPPER BODY exercises to aid the Bench Press. This exercise provides a great base for great back support and great shoulder strength, A MUST, I think, for a Bench Presser. I injured the ‘rotary cuff’ last July (’84) while I was doing a heavy set of P.B.N.’s with 300 lbs. for 3 reps. I couldn’t get that 3<sup>rd</sup> rep. I held it out too long and even tried to jerk it with my legs and I heard something just rip a little. To be perfectly honest with you, I thought I had injured myself. I thought my career was shot. I benched fine that week, but after a while without doing the Press Behind The Neck, I lost that back support. I had to take this SCIENTIFICALLY. I took off a lot of time and found it was just a lot of inflammation.

I used to ice (the injured area) after every bench workout even though I didn’t do the BEHIND THE NECK PRESS. Every time and even when I went back to doing Behind The Neck Presses with light, light weight, I just kept icing it up to about three months ago. It worked out fine and really cut down on the INFLAMMATION. Lo and behold, I came back STRONGER than ever. To prove that I ended up this cycle, doing 365 lbs. for 3 reps in the P.B.N. That beats anyone I know for Behind the Neck Press. You could call that a WORLD RECORD if you want. I’ve never seen anyone do that much weight. I do them STRICT and with my legs straight. I don’t even jerk the weight up.

It’s all UPPER BODY STRENGTH!!! Inflammation is one of the bodybuilders and powerlifters BIGGEST ENEMY. It’s just an overworking of the joint and it causes a little swelling and a lot of pain even though the damage, if you do pursue it. If you still persist in heavy training, it will get worse, but as far as itself, INFLAMMATION is not a serious injury. But, it’s something that has to be monitored. It definitely has to be taken care of because I’ve seen inflammation get worse on people. They are so ‘pig-headed’ that they still have to do their heavy workout regardless of what. They take everything from painkillers, to more STEROIDS. They are just aggravating it more. You have to have this idea in mind, “be good to your body and it will be good to you.”

**Didn’t you suffer a severe injury just prior to going into York, Pennsylvania last November (’84) to break the world Bench Press record? At least, that is what I heard through the grapevine. Then I heard another story that you came down with the flu.**

“Yeah. I had an injury when I was getting read for the YORK (Pennsylvania) record assault in November. I was supposed to go to York, Pa. and break the 700 lb. Bench

Press mark then. I had an accident during my second or last workout in the Bench Press prior to that commitment. I started my benches, but I was shaky from the start. I had the STRENGTH, but I was just so wide to get those reps with 625 lbs., that my wrists (I don't use wrist wraps) cocked the other way and I had no choice but to let the weight fall on my chest from about a foot and a half in the air. Believe me, it didn't hurt then.

Funny thing is, I came back and I slammed up 625 lbs. for 3 reps because I was so disgusted. The next morning, I went to the doctor and he told me that I had a bad bruise in the sternum. Then, I came down with the flu. I lost some bodyweight, so It was a total disaster. I did go down there anyway and did a SEMINAR, plus I did an exhibition bench press for 9 consecutive reps with 505 lbs.

**Ted, I train in my own home gym and that is the one exercise I have always feared that might cause me an injury simply due to training alone most of the time and not having a spotter for maximum limits for reps or singles. Do you train in a home gym, or do you train at a commercial Powerlifters Gym?**

“I like to train in a commercial gym because people are my number one PERPETRATORS for success!!! They help your mind out, and get you physically up for your lift. You know with their presence you are going to do better because like all humans, we watch other people and we want to see how they do. It does help your lifts through increased MOTIVATION to know that someone is watching you make a GAIN. If I was by myself in the cellar, people probably wouldn't believe me if I made good training lifts. I don't think great bench gains would be evident if it wasn't for the people factor. People factor is very IMPORTANT through their vocal accord in getting me PSYCHED up for a big life.”

**As I mentioned earlier, Ted, I train in my own home gym. It is not heated, and during the long winter months here in Southeast Alaska, it creates what I call an adverse training condition due to the freezing temperatures. I am wondering if you have ever had to contend with any type of adverse training conditions.**

“Yeah. I have had to contend with a few. When I did my first exhibition (an unofficial world record Bench Press, in a strongman contest of all places) in Holyoke, Massachusetts. I was supposed to go for a world record bench of 615 lbs. because I believe that 614 lbs was the record held by Tom Hardman at the time. I got the lift, but there was a story behind the story. The strongman contest was scheduled to go till around 4:00 p.m. and I was supposed to bench at 5:00 p.m. so I geared my appetite and my feedings and my rest around that 4:00-5:00 p.m. call to lift. The strongman contest went on until about 6:30 p.m. that night. I was getting hungry. They didn't even have a platform for me. The guy didn't even want me to lift after that because he was so interested in the strongman contest. I said, “Come on, you've got to help me out here. I came to bench.” They finally let me bench, like they were doing me a favor. They set up two pieces of plywood out in this field and they loaded up the bar to 585 lbs. for warming up. I slammed that. Then I broke the WORLD RECORD on the next lift at 615 lbs. That's under adverse training conditions. It was like 90 degrees out that day. I was

sweating. The ground wasn't perfectly level and I had MENTAL STRESS dealing with this guy that wouldn't let me bench. Finally, after the bench, I think he liked it because it drew more people than the strongman contest. I probably was good for 620 lbs. that day, but that's under adverse conditions. It does affect your frame of mind. Needless to say, I'm glad I came through that day. That was my first real WORLD RECORD done with three international judges present.

Another adverse training condition is nutritional know-how if you don't utilize it properly. You must eat carbohydrates the night before the contest with very little proteins. Protein is only used after your training session for recuperation (repair of broken down muscle fibers)."

**Having mentioned carbohydrates and proteins, this might be the opportunity to discuss your nutritional program as it applies to your powerlifting training.**

"Basically, it's the same all year around. I take in at least 7,000 calories per day. My meals consist of chicken and spaghetti, which is high carb, high protein. Normally, my daily caloric intake is 40% carbohydrate and 60% protein. This changes slightly the evening before a competition, where I take in 70% of my calories in the form of carbs and 30% proteins.

I adhere to this ratio scheme the evening before a scheduled heavy lifting day also. The day of the contest, it's 90% carbs with very, very little meat protein at 10% of my daily caloric intake. Then, after the athletic event itself, it's back to mostly protein and very little carbs. I am a Biology Major in college and I have some knowledge of diet. You want a meat which is not too fatty and chicken and fish are great sources of proteins. If you are going to eat red meat do so just twice a week. Red meat, I feel, makes you sluggish. It takes so long to digest. It interferes with your workouts. Red meat is not such a good source of protein for myself anyway. I feel chicken and fish have less corpuscles between its muscle fibers.

**To the average person, your mention of 7,000 calorie intake per day may seem quite excessive, but I am thinking that for your height and bodyweight, this is probably about right and especially if we take into account the energy requirements for your high tonnage workouts. I am wondering though, if you allow your bodyweight to go up or down during the time frame months before a competition?**

"I like to let my bodyweight drop during the off-season. To tell you the truth, I felt pretty good after I went to the Patriots football training camp and got down to 260-265 lbs. I got some cardio. I like to drop down about 15 lbs. to 270 lbs. before I begin cycling for a powerlifting competition.

**Well then, what do you think of jogging or running, as it applies to the competitive powerlifter?**

“It’s good to incorporate some running in the OFF SEASON, but not during the season. I think you lose too much bodyweight. Now and then if I do feel that I’m getting out of shape, if I feel I’m losing my breath during a workout and can’t cope with it on a light training day, I’ll go extremely FAST. I’m talking about a marathon. I’ll get my workout done in 45 minutes. I’ll just fly right through it because all I do on Monday is light benches and heavy assistance work anyway, so I can fly right through it. So, it gets my blood going, gets my heart beating up a nice, big training pulse.”

**Let’s go back to the subject of bodyweight for a minute. What bodyweight class do you perform the best in, taking into consideration such necessary factors as appropriate strength levels and existing energy?**

“I’d have to say it’s the SUPER HEAVYWEIGHT CLASS and the 275 lb. class, but mostly super heavyweight, because those added pounds in your shoulder girdle where you can’t afford to have those added pounds in the shoulder girdle in the 275’s, definitely add leverage to your Bench Press. There’s no two ways about it. I’m built for the 275’s and SUPER HEAVY anyway. I started out 220 and I was in a growing phase and that’s a big mistake a lot of lifters make when they decide what class they want to be in. They choose to rule and they sell themselves too short at which weight class they’re best competitive. Your body has to fully mature to around age 23 or 24 before you can actually have a set weight class to compete in for the rest of your life. I went from 200 to 242 to 275. Then, I find myself LIFTING THE MOST WEIGHT in the Super Heavy Weight class.

I think if I lost too much weight and went down to the 242’s or even the 220’s, I’d still be strong, but I wouldn’t be competitive enough because those competitors in those classes are much shorter than me. Remember, I am 5’11”, and those people in the 242’s and 220’s are only like 5’6” and 5’7”. If I went under my best bodyweight, I would be literally tendon and bone and hardly any muscle.”

**Do you feel that drugs, and I am talking about STEROIDS, are necessary for promoting exceptional strength gains for a powerlifter?**

“I feel they’re necessary for gaining strength. Especially at a WORLD CLASS LEVEL because everyone else is taking them. I’ve tried a few, but if they work as well as people have said they work, then I thought I’d be seeing more people benching 700 lbs. I’m the only one in the 700 lb club right now. I think a lot of it is not the steroids. It’s NUTRITION and REST and a good LIFTING CYCLE and a POSITIVE ATTITUDE and a good, well planned ‘rep’ by ‘rep’ LIFTING CYCLE. ABSOLUTELY!!!!”

**I think that this is a good opportunity to begin discussing your Lifting Cycle. You mentioned it very briefly at the beginning of the interview and now you have mentioned it again. You obviously place a great deal of importance on this aspect of training. I think the Iron Man readers would be interested in how you PLAN your Lifting Cycle for the Preparation and Competition phases of your training.**

“I do everything the same for the Preparation and Competition phase of my training like with the **exception** of my reps.”

**...Author’s Comment...**

What Ted is talking about here is the fact that the **sets** and **rep** scheme for all of the exercises on **Workout Days 1 and 3**, and the **assistance work** on **Workout Day 2** remains constant. When Ted does refer to repetitions of **6’s** and **5’s** and **3’s** and **2’s**, he is speaking of their application to **Thursdays (Workout Day 2)** Bench Press workout, be it the **preparation** or **competition phase** of his training cycle.

When **training loads** are mentioned as being “light”, “medium” or “heavy” this might suggest **loads** below the critical threshold of **80%** for a **light** training day and loads in excess of **85%** for **heavy** training days, utilizing **6’s** and **5’s** and finally loads in excess of **90% max** for those heavy **triples** and **doubles** in the **competition phase** of his training.

At this time, I will **outline** Ted’s **TRAINING CYCLES** and his notations for each.

While Ted was kind enough to include his training poundages within the outline, **please** realize that they will **mitigate** or vary somewhat due to the various ‘time frames’ incurred. For example, poundages will change dependent upon where he is in a particular cycle. And then, of course, some months will elapse from the time of this interview and the publication date, etc.

## **Ted Arcidi’s One Year P/L Training Cycle**

### **Monday (Day 1)**

**Bench Press**..... 405 to 415-420 for 3 sets of 5 reps.

**Assistance Work:**

**Press Behind the Neck**.....260-275-300 for 1 set each of 5 reps.

**Supine Tricep Extension to Nose**....340-350-350 for 1 set each of 6 reps

**Standing B.B. Curls**.....160 to 195 for 3 sets of 6 reps.

**Lat Machine Pulldowns**.....235-240 for 3-4 sets of 10 reps.

### **Thursday (Day 2)**

**Bench Press**..... 560-570 for 3 sets of 6 reps.

**Assistance Work:**

This remains the same as Monday’s workout schedule, with the exception of the

**Press Behind the Neck**.....225 for 3 sets of 6 reps.

### **Saturday (Day 3)**

**Squats**.....550 for 1 set of best 5 reps.  
**Deadlifts**.....540 to 620 for 1 set of best 5 reps.  
**Press Behind the Neck**.....335 and 365 for 1 set each of 3 reps.

### Preparation Phase Training

**Mon:** Go light on the **Bench Press** and medium effort on the **Press Behind Neck**.

**Tues:** **Lat Machine Pulldowns** are sometimes performed on this day rather than **Monday**, other than this **Tuesday** is a **rest day**.

**Wed:** Complete **REST & RELAXATION!!!** Take 9 1500 mg. Glandulars evening before a heavy workout..

**Thur:** Go **HEAVY INTENSITY** on the **Bench Press** and light intensity on the **Press Behind the Neck**.

**Fri:** This is a scheduled rest day but occasionally **Lat Machine Pulldowns** are performed rather than on Thursday. Jump the training intensity and go for **270-290 lbs. for 4 sets of 10 reps**.

**Sat:** Heavy intensity on the **Press Behind the Neck**.

Take 10-20 Amino Acid Tablets twice per day in Prep and Comp phase of training. Off Season last 4-5 months.

The repetition scheme of 6's are important for progress.

Avoid STALENESS in training.

Control the SPEED of the repetition.

Rest 5-6 minutes between sets of the 3 POWERLIFTS.

Rest 2-3 minutes between sets of assistance work.

### Competition Phase Training

Begin preparation for a scheduled powerlifting competition approximately 10-11 weeks prior. Stay with the cycle.

...Cycle Training...

1<sup>st</sup> (3) Weeks

**Use repetition pattern consisting of 6's on B.P. only, Day 2.**

**2<sup>nd</sup> (3) Weeks**

**Use repetition pattern consisting of 5's on B.P. only, Day 2.**

**Final (5) Weeks**

**Begin to adapt to reps of 3's and then  
begin utilizing a combination of 3's and  
2's the final two weeks of the cycle, on B.P.'s only, Day 2.**

**Gauge each workout very carefully.**

**Do some FORCED REPS occasionally on (Thur.) heavy Bench Press day.**

**Peak for only (1) or (2) competitions per year.**

**Adapt a POSITIVE MENTAL ATTITUDE in training.**

**The last heavy workout is done 10 days prior to the scheduled meet (read the proceeding 10 day Countdown).**

**Avoid Jet Lag – Leave in plenty of time for the contest.**

**Open at the contest with a poundage which has been done for at least 4 reps in the contest.**

## THE 10 DAY COUNTDOWN

Ten days prior to the Hawaiian International, Ted's last heavy workout in the **Bench Press** was on **Thursday**. He benched 635 lbs. for 3 reps and followed that set with 650 lbs. for 2 solid reps. On **Saturday**, he did some light intensity **Squats & Deadlifts**. The **Press Behind the Neck** was also done on this day. On this movement, he did 370 lbs. for 3 reps. This, of course, was a new PR (and unofficial world record) but what made this lift so unique was the fact that Ted didn't want to push the **Behind The Neck Press** too close to the contest because he feels that he must let up a little in assistance work except for the triceps. Suffice it to say, he didn't hold back on this exercise when he returned from the Hawaiian Internationals. He did a monstrous 400 lbs. for two solid reps.

He **rested** on **Sunday** and then on **Monday**, it was light intensity **Benches** and assistance work with the exception of the **Supine Tricep Extensions To The Nose** where Ted did 375 lbs. for 6 productive reps. **Lat Machine Pulldowns** were not done on this day but were, in fact, down on Tuesday.



*Ted Arcidi*  
*"The Boss In The Bench Press"*  
*Performing Lat Pull Downs*

Now, on **Wednesday**, which is normally a scheduled rest day, he did some **Bench Press work** utilizing stops or pauses on the chest with 455 lbs. From this day on, it was a time of **ABSOLUTE REST** and **RELAXATION** until that following historic Sunday afternoon in Hawaii. Breaking the 700 lb. barrier in the **Bench Press** becomes a very distinct possibility on Ted's third attempt where he blasts up a **WORLD RECORD** 678 lbs. Then, of course, powerlifting history is made as Ted entered a 4<sup>th</sup> dimension by benching an **INCREDIBLE 705.5 lb. WORLD RECORD in the Super Heavies...** What a **SUPERB** day of lifting, and to top it off, both attempts are recognized and sanctioned as **WORLD RECORDS** by the APF and the USPF.

### **...End of Phase Training Notes...**

Ted's **POWER LIFT TRAINING CYCLE** may appear simple on paper, but be assured that his program is **explicitly calculated** toward the acquisition of **SUPER HUMAN STRENGTH**, necessary for setting new **WORLD RECORDS** in the Bench Press.

**Ted, I have a number of questions about your ONE YEAR TRAINING CYCLE that I would like to ask you about. To begin with, I notice that you work your bench presses light on Monday and very heavy on Thursday. It would seem to me that a lifter would be at their strongest on Monday after having the weekend off. Why is your workout schedule different in this respect?**

**“Yes, my light day is on Monday and my heavy day is on Thursday on the Bench. I feel that if I come back from a weekend even though I don't party, I am going to come in on Monday a little groggy. I am more into the heavy lifting on Thursday than earlier in the week.”**

**I notice that your training is very minimal on Tuesday and Friday, and absolutely no workouts are scheduled on Wednesday and Sunday. This would suggest to me that you feel RECUPERATION is an important consideration. Would you care to comment on this?**

**“Recuperative abilities for individuals are different. As far as working to the MAXIMUM in training during the week, I bench heavy ONCE a week. I also bench 'extremely light' once a week. On the light day, I might do 420 lbs. for 5 reps. I could probably do it for 30 reps but I only do it for slight muscle toneness or stimulation on the pecs so I don't atrophy. So, if I keep it light, I am still recuperating from the heavy session on the previous Thursday workout.**

**In a sense, I do have seven long days of recuperation and that is good for the bench. Also, for the heavy Behind the Neck Press, if I can keep Monday a medium day and Thursday extremely light then I go extremely heavy on the P.B.N.'s on Saturday. I do find that if I adhere to my schedule and keep it that way, I won't have any bad workouts. I always plan my RECUPERATION around my heavy days.”**

**Now, here is something slightly out of the norm. I notice that you combine Squats and Deadlifts on the same workout day. What is your theory behind this rather intense exercise application?**

“I don’t know why some lifters get this look of threat on their face when you tell them to SQUAT and DEADLIFT on the same day. It’s back and legs for both exercises. You’re killing two birds with one stone. You’re getting both lifts taken care of in one day and then you have 6 days of rest for the legs and back. That’s my theory. I know most people might not agree.”

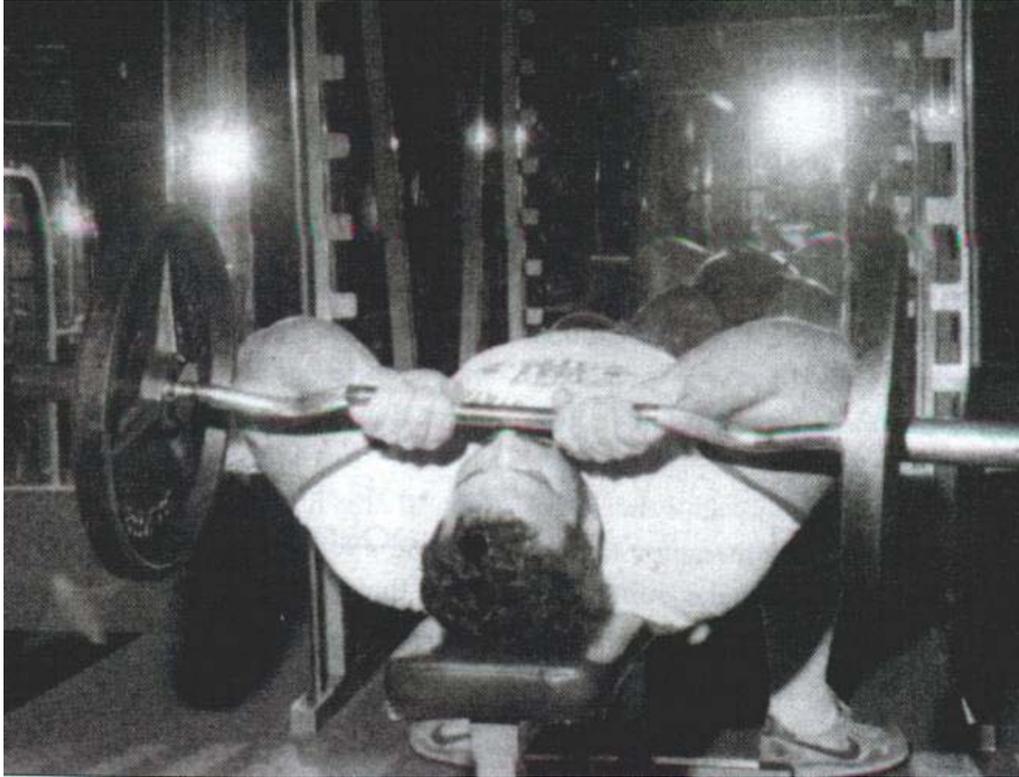
**LAT PULLDOWNS and THE PRESS BEHIND THE NECK seem to be an important part of your integral program. Is there some particular reason for this?**

“As I’ve mentioned, the Behind the Neck Press is a great **basic** exercise as well as the Pulldowns. They’re great for **EXPLOSION**...that initial **explosion** of the bar (for benching). Those two exercises definitely initiate the explosion.

As far as the end of the **lockout**, it is a known fact that the triceps do the basic **locking out**. They do **90%** of the lockout.”

**I notice that you do Supine Triceps Extension to the Nose in a slightly unique way. I will be including..... a photo of this exercise with the interview. Please explain to the readers your method of performance of this exercise!!!**

“**Tricep Extensions** to the nose are the best thing. They’re the greatest tricep **producer** of **strength** I’ve ever known. You must bring the bar to your nose and bring it straight up from your nose. You **don’t** bring the bar back down to your chest and bench it. **It’s not a benching exercise**. You tricep it up, you use your triceps. I feel that the bar to the nose position is taxing the triceps to its greatest level.



**Ted performs a set of Supine Triceps Extension to the Nose**

**I notice that you do not include any single reps in your training and in particular, the COMPETITION PHASE of your training. Why not?**

“I just **don’t** believe in singles, although **singles** are good for explosion.”

**You seem to favor reps of SIX frequently in your workouts. Are 6’s really that important?**

“**SIXES** are great, you get good **endurance** and **strength**. I feel that **6’s** are the greatest thing that man ever came across for **repetitions** in the bench. With **6’s**, you’re away from the **heavy, heavy** weight but yet you still have to throw some weight around, because it’s not exactly light weight. **Imagine** going for your best 6 reps. That means for me I’ve got to get 560-570 lbs. This gives me a lot of **TENDON** and **LIGAMENT** strength. This is a very important factor when getting into the heavy **triples** and **doubles** later, because the **endurance** and **increased** lung capacity from the **6’s**, you’ll be able to blow up those **5’s**, **3’s** and **2’s**.”

**Do you have any certain speed that you strive for when performing a repetition?**

“As far as a controlled speed of movement, I don’t recommend a very **slow** or a very **rapid** descent of the bar to the chest. I know in the last competition, I let the bar come

down **very fast**, but that was because I was doing 3 attempts with 666 lbs. and I had to conserve as much **energy** or **ATP** as possible.

As far as this last contest (Hawaii International), I thought it was executed well. I'm **descending** the bar at a **moderate rate**, but not at a slow rate. You bring the bar down too slow and you're going to **burnout**. It's like doing **negatives**. I don't feel it helps. **A moderate rate, a moderate speed** is the answer."

**I've noticed you take some rather lengthy rest periods between your sets of the big 3 POWERLIFTS. Would you care to comment on this?**

"I do take a lot of time resting between heavy benches. I take up to 5 to 6 minutes between sets. I don't care, I want to **get** the weight, so that is why I take a lot of time in between my sets on **heavy days**. I need to be **recuperated** fully for the next set. Now, on my light days on the bench and even with assistance work, I go **extremely fast** because I'm not going for any heavy weights."

**I notice that you don't constantly change your training around. I have observed some powerlifters who simply refuse to follow directions and are constantly changing or adding to a good workout. Do you feel it is important to stick with a good routine, providing the routine is result producing?**

"I **definitely** stick with a definite program throughout my training cycle. If I do make a change, it's probably due to a small bout with a cold or a cough or an illness of some kind. I might go back 5 or 10 lbs. at the most but this last **cycle** I keep everything up to training. As a matter of fact, it even makes your head feel better if you're about **5 lbs.** ahead of schedule, so you know if you do have to cut back, you're all set. You're still going to break even. You have to **discipline** yourself!!! That's the only way you're going to make **BIG GAINS**, because when you devise that schedule, you are devising a gain theory throughout that whole workout schedule. If you don't stick with that definite **program**, if you have to make changes, that means you're not sticking with the program and you're not going to make the gains. To compromise, to cushion that pitfall, you want to be at least **5 lbs.** ahead of schedule."

**I notice that you sometimes do some FORCED REPS on your heavy Bench Press day. This is INCREDIBLE, especially considering the fact that you are using 560-570 lbs. for sets of six. What are your thoughts on this training principle?**

"I usually do a couple of **FORCED REPS** on my **last** set of every heavy workout. I **didn't** do any **forced reps** on my last workout before the Hawaii contest, because I felt if I did **forced reps**, I would **BURNOUT**."

**When you are into the COMPETITION PHASE of your training and it is nearing contest time, what do you use as a measuring stick for gauging each workout?**

“As far as **gauging** myself before the contest, I figure this, I go for my **best** triple and my **best** double in my last workout. If I get them, I’m in fat city. I’m skating. I’m all **set**. You don’t know how much that helps my head. When I went to the gym all week, it was bothering me. I **had** to get my 635 for 3 and I had to get my 650 for 2. If I didn’t get that, you know what that would have done to my head, if I didn’t get these lifts before the meet?

I would’ve had to gauge myself lower than my **expectations** and I don’t like to do that!! I figure I was good for a 678 lb. **bench** at the Hawaii meet after a good double with **650 lbs.** in my last heavy bench workout. I can probably **guarantee** 30 lbs. over my best double. I know it might sound strange, but if I got **678 lbs.** and missed **705 lbs.**, I’d still be a happy man because I did **exceed** my previous record. The **705 lbs.** just happened to come at a good time. I must have **peaked** myself out just the right way so that **705 lbs.** was in the cards.

It was not longer a **figment of my imagination.**”

**A key word that you mentioned in your last comment was that “you peaked just the right way”. I notice that you only PEAK for 1 or 2 contests a year, while many other nationally ranked powerlifters compete regularly throughout the year. What is your theory behind only entering 1 or 2 meets a year?**

“Before I used to **peak** for 5 or 6 contests a year. THAT WAS CRAZY!!! I found I just wasn’t **winning**, because your body needs **REST**. It can’t go hard all year around. This machine (our body) is **imperfect**, so we have to compromise.

Six contests a year took a lot out of me. You know, if I’d only competed in one contest a year, I would have made **double the gains**. But that was when I was young and I finally straightened my act up 2 ½ years ago when I started entering only two contests a year. **JUST THINK**, your body in the **preparation phase** of training will be rested and the **stress** will be taken off because you won’t have thrown around those **heavy, heavy TRIPLES** and **DOUBLES**. Then, when I do finally get into those **3’s** and **2’s** in the **final weeks** of the **competition phase** of my training, I look forward to it. It won’t be a grind because it will be the first time in a year since I’ve done them (**3’s** and **2’s**). I might be **peaking** for the HAWAIIAN INTERNATIONALS only because, first it is a very good meet and second, I want to give myself **REST**. After that **705 lbs.**, I felt like I was playing in the NFL both ways during the SUPERBOWL, in the **offense and defense**. My shoulders were killing me. I’m just glad it worked out.

**Ted, I know that you live in Boston, Mass. and obviously, to get to the Hawaiian International, you had to travel by jet seemingly half way across the continent. How many days prior to this important competition did you leave for Hawaii?**

“I had to travel through two time zones while traveling from Boston to Honolulu for the contest. Last year, I went a week earlier, before the contest just to get acclimated. I thought that was the smartest thing. I know a lot of people don’t believe that **jet lag**

would have a negative effect, especially if you have just slept on the plane, but it does. Your body's like a clock.

It's **synchronized** to a specific day length and sleep time, and you have to get **synchronized** to that particular time scale in that particular area where you're going to be lifting.

I feel at least 6 days ahead of schedule is plenty of time to get there, **eat** and **sleep** and get into the **daily regime** in that particular new area, like **Hawaii**. I've seen it happen where people come in a day or two before the contest and they look horrible at the meet. They're **sweating, out of breath** plus they're not used to the weather. Like, for instance, they're coming from a cold area to a warm area, the hemoglobin reacts different. Your blood is a lot thicker.

Your body has a hard time just burning **energy**, trying to get used to the weather and time schedule. If I'd gotten there (Hawaii) 2 days before the contest, I wouldn't have any **705**. I don't think I would've even done **650 lbs**. I would've flopped."

**Do you do anything SPECIAL the evening prior to the day you are scheduled to lift?**

"I like to go to a **movie** and get things off my mind. The heavy weights have been lifted. I just like to live a carefree life that night. I **don't** go carousing, but I am conservative as far as I don't **drink** or **eat** in excess.

The movie definitely gets my mind off the meet so I can get that much needed **REST**."

**Getting into the contest (Hawaiian International) itself, what type of a PLAN do you implement to assure making all of your attempts, which, in this case, is the BENCH PRESS?**

"I open up with something I could probably do about 4 times, which in this case was **617 lbs**. I could have probably done that about 7 times, it went up so easy. The second attempt is a poundage I could probably do 2 or 3 times and I did the **650 lbs**. I could have sworn right then and there, with that crowd, I could have done that weight for 8 or 9 reps!!! I know I could have. The third attempt got the crowd very hot. I jumped 30 lbs. and did a **world record 678** and believe me that did help me out. That type of progression definitely helped me out."

**Ted, didn't you experience some problems with your attempts at last year's '84 Hawaiian Internationals?**

"Yeah. I made a mistake in the previous Hawaiian Internationals where I jumped from **606 lbs** to **666 lbs**. That's a lot of weight. It's a **60 lb.** jump. That feels very heavy. I can't do that much of a jump. I probably could have gone up to **670** or **680** that meet, but that's water under the bridge. Talking about this meet, I thought I progressed myself at a good pace. The **617**, the **650**, then the **678** and boy, when I got that **678**, that went up so nice

too, because I had a very nice, easy progression. I wasn't taxed because when I did **678**, I said to myself, 'Why should I be surprised?' That's what egged me on to go for **705**, plus the 2,000 fans that went nuts. They wanted – **705** too,"

**Well, Ted, this is really exciting to hear. You have obviously timed your PEAK just right, plus you have a very responsive crowd. The stage is set for a new WORLD RECORD Bench Press. Just exactly what was going through your mind just moments before and during your monumental effort and SUCCESS with 705 lb. Bench Press?**

"It just happened that I was on so much that I knew I had that little extra reserve in me. I took **advantage** of it. The crowd helped me out a lot.

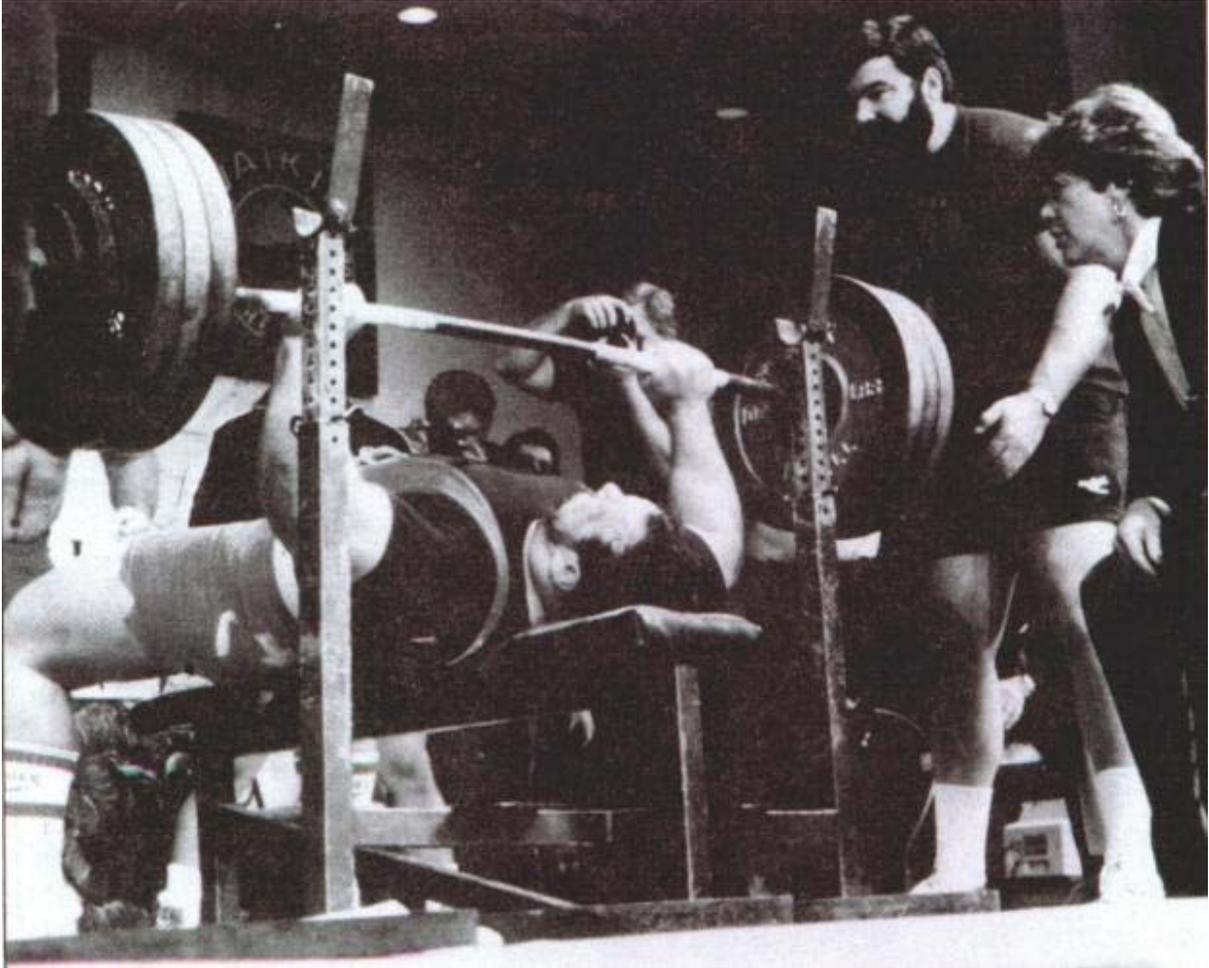
It must have been **MENTAL TELEPATHY** when I told everyone that I was going for **700 lbs.** after that 678 went up. I went out to the crowd and said, '**What do you want? Seven hundred, right!!, 700!!**' The crowd knew the **700 lb.** barrier had never been officially broken, so they went right on my side. They said, '**yeah, yeah, yeah, 700, 700!!**' You could hear that crowd of 2000 chant **700, 700, 700.**

I cracked that last ammonia capsule and I went for a massive **705 lb.** Bench Press. I began lowering the weight down. I was shaking a little. My arms were shaking, but the weight was still going down **level**, that's what the judges were concerned about.

On the way up (it was a **ponderous rep**), I swear I could hear the whole world ending. I could only see a **focal point** of light. It was like it was getting darker on the sides of me. It was like the earth was starting to get darker to me. I couldn't see the **spotters** anymore, like from the sides of my eyes. The crowd was still **yelling**, but they were getting a little distant in their own voices. I couldn't hear them too well. I barely heard the guy say "**PRESS**". It really felt like I would've woke up out of a dream. I thought I was going to wake up in **heaven**, like maybe the bar crushed me or something. It felt like the end of the world.

I've heard of **mental telepathy**, but let me tell you, the crowd must have levitated that bar with their minds because I know that while I was in condition to do **705 lbs.** anywhere in the world at that given minute, I would not have been able to do it quite as **vigorously** as I did it at the Hawaii International.

**Author's Comment: I have heard from reliable sources that the 705 lbs. went up as easy if not easier than Ted's third attempt at 678.**



Ted Arcidi on his way to making power lifting history as he becomes the first man to officially bench press 700+ pounds on March 3<sup>rd</sup> of 1985 at Gus Rethwisch's Budwiser World Record Breakers in Honolulu, Hawaii. The bench shirt that Ted wore at this competition was a 50% poly/50% cotton brand and only one layer thick, unlike many of the forthcoming bench shirts that many of the competitors wore which were 5-6 layers thick.

From what I understand and have been told, there was absolutely no indication from you prior to stepping on the platform for your attempts that you were even going to shatter the 700 lb. barrier. Is this a type of MENTAL ATTITUDE you adopted especially for this contest?

"I hear a lot of lifters talking about what they're going to do and stuff. That's all well and good for them, but I just tell people **I'm going to do my best.** I had a very bad experience, oh about 3 or 4 years ago when I went for my first **world record.** I opened with a world record and I told everybody I was going to exceed the record by so many

pounds, but I ended up with a lot of egg on my face and have since that day **adopted** the attitude of saying **‘just do your best’**.

You don't owe anybody anything. You're your own man. When the party's over and you've screwed up, you're the guy that you have to answer to, If you do well, you still have to answer to yourself also. It was funny, even in Hawaii, a lot of people would come up to me and as, **‘are you gonna go for 700?’**

I responded in the manner I mentioned earlier. With this type of attitude **‘I'll do my best’**, I'm not cocky. Every attempt means a lot and I seem to fare better in the contest. I think this is just one of the biggest attributes that I've adapted over the past few years.”

**I understand that you and “Dr. Squat” FRED C. HATFIELD ([www.drsquats.com](http://www.drsquats.com)) shared a few words of encouragement before you began your assault on those Bench Press records. I know from past association with Fred (I did an in depth interview with him on his powerlifting procedures which was published in Iron Man in Nov. of '80 and Jan. of '81) that he is a very accommodating person. What are your impressions of Fred?**

“I think Fred Hatfield is one of the greatest assets to **powerlifting**. Before I went for my record, he came up to me and gave me the nod and said, **‘go for it!!!’** He doesn't talk to too many people because he's so much into his **SQUATS** that day, but he knew what I was going through. I'm kind of in a no man's land. In a way, he's in no man's land too, because I don't think anybody but Fred will **squat 1100 lbs**. He's the kind of guy I like a lot because he's got the **gusto, go for it attitude**. I know what he's going through and I think he knows what I am going through. He and I are the only two guys that can relate to each other. I think because we're both going for big weight. We know the crowd's going nuts, but we have got to maintain **control** and we just have to do it because we go so hard in training and no one else is going to do it.

We're trying to set the **precedent** and not anyone else. That's why I respect the man a lot, especially at his age. I'm not saying he's an old man, but he is the senior of a lot of lifters. He has no **mental barriers**. That's got to be the biggest key that we both have. **I think I could Bench Press 750 lbs. I DON'T HAVE ANY MENTAL BARRIERS.**”

**Since the majority of our conversation has focused around your TREMENDOUS Bench Press SUCCESS at the HAWAIIAN INTERNATIONAL, I am wondering what you thought of this contest?**

“The Hawaiian International Powerlifting Championships is an **invitational** where only the best lifters in the world are **invited**, and that is why it goes down in **history** as being the most prestigious meet. This meet is where the most **tonnage** is lifted. It is a **world record** in itself. I'd say it has about **65** world records since its origin back in 1978. It is **respected** and **established** and, of course, has **3 international judges**. People want to come and see records broken. The place is packed. It's a lifter's **dream**. Two thousand to

3,000 people going nuts. If that doesn't do anything for your **adrenalin**, you ought to get out of the sport."

**Ted, I've got to bring this interview to a close, but in closing, do you have any TIPS for a powerlifter entering his first contest?**

"Yeah. I have a few tips. **GET THE CROWD GOING!!! SLAM** that first attempt up. You go out there and the **attempt** looks shaky and even if it does get passed, that is not helpful for your **second** and third attempts. You want to establish yourself, get used to the **surroundings**, the **lights**, the **bench** itself, the **footage**. **Blow up something**, you can do at least **3** times and then take a relative good jump. I'd say about **20** or **30 lbs.** and go for that second one.

It should be a lot easier for you. Your **second, third** attempts are a lot **easier** because you are warmed up and you have established yourself. The **first attempt** is the **hardest to do** because it is the first heavy weight you've done in **10 days** if you rest yourself the right way."

### Closing Comments

During the time that Ted officially broke the 700 lb. Bench Press barrier he was in a 4<sup>th</sup> dimension of POWERLIFTING where no other man had journeyed. Powerlifters throughout the world knew beyond a shadow of a doubt that a 700 lb. Bench Press was now possible through the precedent Ted had set in this lift. Ted's journey continued into a no man's land where he set new standards of excellence for elite bench pressers the world over. Some of his other 700+ world record Bench Press records included 718.1 lbs. on September 30, 1990 in Keene, New Hampshire and on September 14, 1991 at the Joe Weider IFBB Mr. Olympia Bench Press Challenge in Orlando, Florida where he edged out Anthony Clark by doing a gigantic 725 lbs. for a WPC and APF world record. It was at this contest that he just missed a 750 lb. Bench Press.

To further your own bench press progress here are a couple of reports which you will find most helpful.

## **Important Bonus Report #1** **Ted's Precision Bench Pressing Technique**

**There** is one topic about Arcidi's "war on the bench press," which has not been covered in previous articles and that is his actual, state-of-the-art bench pressing style. If you ever have the opportunity to see a world-caliber power lifting champion such as Ted Arcidi in action, you will notice that he doesn't just walk up to the bench, collapse on it, grab the bar, and attempt to bench a world record

weight. It is a thoughtful precision technique coupled with drilling on the mechanics of the bench press that have allowed Arcidi to set the standard for 21<sup>st</sup>-century championship bench pressing.



**When** Ted approaches the bench, he will turn so that his back side is facing the foot of the bench. At this time, while he is still standing, he will take in a healthy gulp of oxygenated air. He then sits down on the bench and places his feet in the correct position, which for him is 3-4 inches away from the base of the foot of the bench and out to the side of the bench. He turns his feet out about 4 degrees while taking care to make sure that the soles and heels of his shoes remain in contact with the lifting platform at all times. For this particular purpose, he will usually wear a pair of power shoes, which provide good traction, although at this meet he wore a pair of high-cut suede sneakers, which are customary for him to wear in his regular workouts. He then breaks an ammonia capsule and inhales its contents through his nose to clear his head. At this particular meet, he used one ammonia capsule for his first and second attempts and two capsules each for his third and fourth attempts.

**Next**, within a split micro-second, he lays back into a supine position on the bench where his head is positioned in such a way that his eyes are approximately one inch past the racked barbell. His shoulders are positioned about 4-6 inches from the upright support rack. At this point, his head, shoulders, back, and buttocks are in contact with the bench. It is interesting to note here that Arcidi does not go for the customary big arch that most all the top power lifters use. He simply can't arch and one can only speculate how much more he could bench with a nice 8-inch arch over what he is doing in the flat-back style.

**Ted** next takes a hand placement on the bar that is narrower than the allowed 32 inches between the forefingers. In fact, during world record attempts, he will move his hand spacing in an inch closer than he does for regular workouts in order to utilize his triceps and deltoids to the maximum. To get a better idea of what this hand placement is really all about, I suggest you secure a copy of *Powerlifting USA*, the November 1990 issue. The cover photo by Vada Crosby illustrates it beautifully.

Ted then wraps his thumbs around the bar and squeezes the bar as tight as he can. He has found that when he squeezes the bar super tight, it in turn tightens his wrists, elbows, and shoulders, and this makes the whole bench press machine a more fluid motion. Ted is now ready for the liftoff, and here at the count of three his spotter helps him lift the barbell out of the upright support rack, but no more than three inches, and not moving it in too far out in front of him. The liftoff assist is unusual, in that the spotter grasps the center of the bar with a mixed deadlift grip.

**After** the bar is out of the rack and supported under Arcidi's own power, he will take about a half of a breath and then begin lowering the bar down to his chest. This action will usually take 1 ½ to 2 seconds to accomplish at least on the first attempt. Then on the second, third, and fourth attempts, he will bring the bar down a little quicker, at about a second or a second and a quarter.

**Generally**, in his training he will stay with lowering the bar in 1 ¼ seconds regardless of what percentage of his projected max he is using. The bar touches the chest about a ½ inch below the nipples on the lower sternum. Ted finds that if he positions the bar any higher on his chest, it tends to constrict the delts and puts major stress on the rotator cuffs, which are almost turned up and at an angle, rather than flat. When the rotator cuffs are flat, the stress is more evenly distributed and there is less chance for injury. Ted does not believe in tucking the arms into his sides when the bar touches the chest, but in fact flares them out to 45°-50° perpendicular to the body. He feels that this is the natural way for the arms to move. Ted thinks of his chest as a minefield, and his big thick lats like the elastic cocking of a gun, and it is with these two muscles primarily that he literally *blasts* record-shattering poundage off his chest with energizing power at the referee's signal to press.

**Most** of the top champion powerlifters will usually begin pressing the barbell in an arc toward the uprights, but not Ted. He has such tremendously strong deltoids and triceps that he just presses the weight up vertically. This usually will take from 1 ½ to 2 seconds to complete. The lift is completed without any trick of performance and the spotter helps Ted re-rack the weight.

# **Important Bonus Report #2**

## **Ted Arcidi's Exact Blueprint for Championship Bench Pressing**

The following is the exact blueprint (workout schedule) for upping the gain factor in bench pressing success that Ted highly recommends for the beginner, intermediate to advanced power bodybuilder. There are probably as many opinions about what constitutes a gain theory bench press schedule as there are experts. Ted feels to this day that the following program works quite well for gaining muscular size and bulk.

The schedule possesses the qualities that assist in promoting a positive nitrogen balance in the body coupled with just enough time between workouts to accelerate body restoration or recuperation. Remember, our aim and focus is to gain muscular size and strength; a must for the early phase bodybuilder and of course the way of the powerlifter. The primary objective is not to achieve a "Suck Pump" (a vein-choked muscle pump that only lasts a few hours) but rather long-lasting muscular bulk and power coupled with thick pecs, shoulders, and lats. This is built only through lifting the heavy iron.

**Monday:**     [Light Barbell Bench Press](#) 4 sets x 5 reps (Use a poundage that you can do 9 reps with...But only do 5 reps!)

[Tricep Extensions](#) (lying down) 4 sets x 6 reps (While in the supine position on the bench, the bar should descend to the nose and chin area. Use elbow wraps, perhaps even two on each elbow.)

[Behind the Neck Press](#) 4 sets x 5 reps (Work up to 2 solid work sets with a maximum repetition poundage...But not at the expense of technique emphasis.)

[Standing Barbell Curls](#) 3 sets x 6 reps (Use an E-Z curl bar if you wish and wear a lifting belt.)

**Tuesday:**    [Lat Machine Pulldowns](#) 4 sets x 10 reps (Alternate 1 rep in front of the neck and 1 rep behind the neck.)

**Wednesday:** **REST AND RELAXATION!!!**

**Thursday:**   [Heavy Barbell Bench Press](#) (Use the cycle sequence). Obviously, when you decrease the reps you will add more weight to the bar. Also, if you feel you can make a gain on the bench press itself or any assistance work, do not wait until the next workout, go for it now.

<u>Week No.</u>	<u>Sets</u>	<u>Reps</u>
1	4	6
2	4	6
3	4	6
4	4	5
5	4	5
6	3	3
7	3	3
8	3	3
9	2	3
10	MAX SINGLE REP	

[Behind the Neck Press](#) 3 sets x 7 reps (This is a light shoulder day today so use a poundage that you can do 11 reps with...But only do 7 reps!)

\*Do all other assistance work ([Tricep Extensions](#) and [Barbell Curls](#)) just like on Monday.

Friday: **REST AND RELAXATION!!!**

Saturday: [Barbell Back Squat](#) and [Conventional Deadlift](#) Work up to your 2 best sets of 5 reps for each exercise. Three weeks before you max, go for your best triples.

[Behind the Neck Press](#) 2 sets x 3 reps (The last set should be the best you can do for a big triple.)

[Standing Barbell Curls](#) 3 sets x 6 reps (This is a light biceps day today so use a poundage that is 20 pounds less than what you do on Monday and Thursday's assistance work.)

Sunday: **REST AND RECUPERATION!!!**

## Summary

I can only remind you that Arcidi is a champion because he knows how to combine the ultimate in bench pressing technique with raw pressing power. If you wish to purchase a copy of the audio cassette interview that I did with Ted on how he trained to bench press 700.5 pounds, please include postal money order or check in the amount of \$19.95 plus \$3.50 for shipping and handling. My address is Dennis B. Weis, P.O. Box 9485, Ketchikan, Alaska 99901.

**If you have any insights or expressions you wish to share with me about this e-report interview, please email me at [yukonherc@kpunet.net](mailto:yukonherc@kpunet.net). And don't forget to visit my website: [www.dennisbweis.com](http://www.dennisbweis.com) (click on Audio/Visual and see a living action Ted Arcidi championship bench press workout). Stay flexed!!!**