

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 Champion. Each month, a different lift is analyzed. For those at 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 the starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600 multiply poundages specified by 1.2 (600 divided by 500).

Ted Arcidi's Bench Press Cycle

When I first started to lift I was your typically overtrained athlete. I would work my upper body 3 times a week and would come home after every workout laboring intensively. I finally realized that recuperation and variety were the Powerman's greatest salvation. I learned that that cycling was the order of the day, and what a difference it made. I did not get that "killer pump" I used to receive from my workouts, but I was put up a lot more iron with less pain in the joints.

Below is a typical schedule, set up for an athlete who can bench press 400 lbs. going into this particular routine. I keep a light day at a constant level, since I believe in only slight pectoral stimulation once a week. I feel that with all the supplementary exercises to choose from, Behind the Neck Press is the most useful in obtaining upper body torso stability (A must to be a half decent bench in today's lifting society). Will someone tell the "Barbarians" that the World Record Behind the Neck Press for 3 reps is now 350 x 3. I performed that lift in front of 600 people at an exhibition in Fairhaven, Mass. two weeks prior to that great Hawaiian International meet.

Squats should be done at least once a week to provide excellent lung capacity and endurance. Footballers should concentrate on reps of 8 to 10. This is beneficial to obtain maximum explosion once that ball is snapped.

I am a firm believer in "Feeling the Weight". You should look forward to heavy triples and doubles!!! In fact

if you have some energy left during a max session try that heavier weight for the hell of it; break those damn mind barriers!!! On Nov. 13th at the Maryland Invitational, on a final attempt I went for 661 at 275. I had a notion that it would be tough, yet deep down in my heart I owed it to myself to try like a bastard since I would be away from handling any big weights like that for a few months. The result... the 661 went up almost $\frac{3}{4}$ s of the way. That attempt alone strengthened the hell out of my tendons, and when I went to Hawaii at a heavier bodyweight I knew nothing was going to hold me back... nothing. By 9:00 pm on that night many people witnessed that I indeed snapped up 3 consecutive singles with 666 in front of three international judges, finally receiving three white lights on my fourth attempt.

Light Day	Heavy Day
1 x 135 x 10	1 x 135 x 10
1 x 225 x 3	1 x 225 x 3
1 x 275 x 3	1 x 300 x 2
4 x 300 x 5	*(see below)
• Week 1	4 x 335 x 6
Week 2	4 x 340 x 6
Week 3	4 x 345 x 6
Week 4	4 x 355 x 5
Week 5	4 x 360 x 5
Week 6	4 x 365 x 5
Week 7	3 x 380 x 3
Week 8	3 x 385 x 3
Week 9	1 x 395 x 2
Week 10 - Contest:	
1st- 390	2nd- 420 3rd- 435