

WORKOUT of the Month

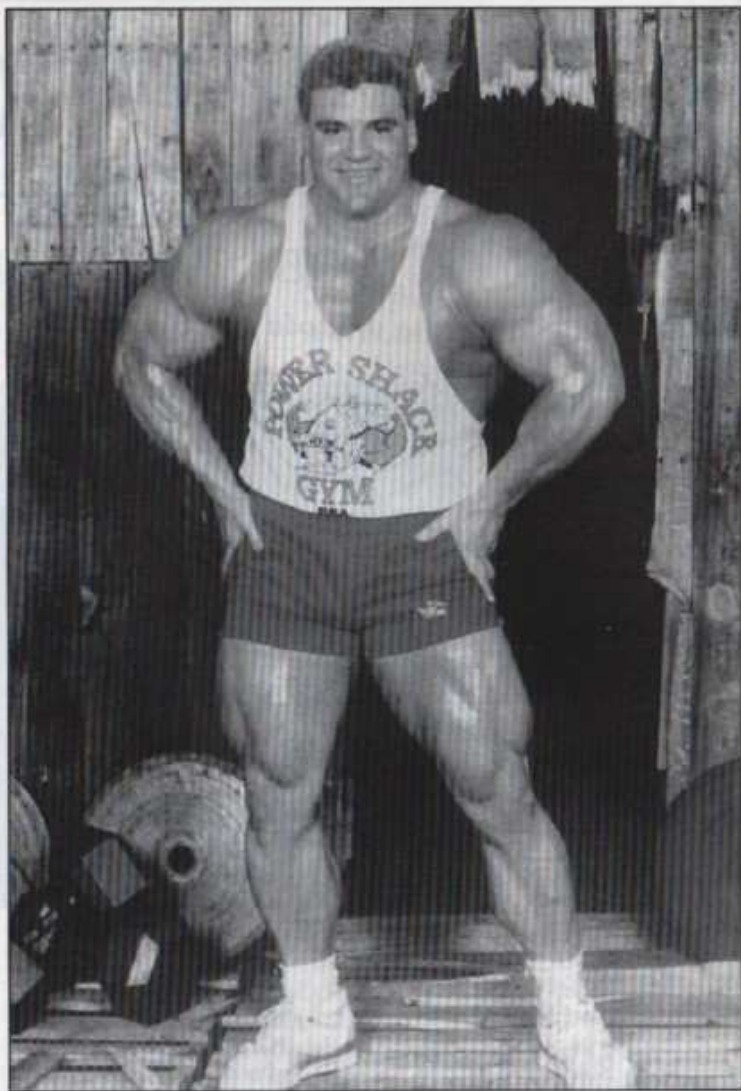
A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For those of 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)

Ken Lain's Bench Routine

The bench press is THE most respected lift in the eye of the general public. When someone notices the physique of a powerlifter or bodybuilder, 98% of the time they want to know what they bench and how big their arms are. They have little interest in how much a guy can squat or how big his calves are.

The following routine is designed for an intermediate lifter who is capable of benching 500 lbs. In the club that I own, 80% of the lifters have increased their bench by 50 lbs. by using this routine. I would like to stress that the weight will feel extremely light at first and you will have a tendency to want to increase it, but don't. Follow the program to the letter, for it is designed to increase the strength of the ligaments

and tendons along with the muscles. This workout is done twice a week with one heavy day and one light day. You should do no more than 80% on light days, which in my example are Thursdays, with the heavy days being on Monday. Use the same auxiliary work on the light day that you used on heavy day, but again, only 80% of what is used on heavy day. All auxiliary work should stop by Week 8 so you can concentrate entirely on the bench. Be sure to pause all reps and work on good form. Stay tight through the whole movement. This routine is designed on a percentage basis of your expected max bench, so to figure it you should start at the bottom and work up. In this case, we assume the lifter is shooting for a 550 max



KEN LAIN was one of the best built benchers of all time, particularly in the Superheavyweight ranks, and one of the most likable as well.

based upon a 50 lb. increase from the present 500 lb. max.

I have added a single rep max in

each week, which is only a confidence builder and not necessary. You should warm up to the max, then back down to the reps. Do no heavy singles on light days.

Week 1: 55%, Heavy day only 1x490, 3 sets, 10 reps, 300 lbs.

Week 2: 60%, Heavy day only single 1x495, 3 sets, 10 reps, 330 lbs.

Week 3: 65%, Heavy day only single 1x500, 3 sets, 8 reps, 355 lbs.

Week 4: 70%, Heavy day only single 1x505, 3 sets, 7 reps, 385 lbs.

Week 5: 75%, Heavy day only single 1x510, 3 sets, 6 reps, 410 lbs.

Week 6: 80%, Heavy day only single 1x515, 3 sets, 5 reps, 440 lbs.

Week 7: 85%, Heavy day only single 1x520, 2 sets, 4 reps, 465 lbs.

Week 8: 90%, Heavy day only single 1x525, 2 sets, 3 reps, 495 lbs.

Week 9: 95%, Heavy day only single 1xO, 1 set, 2 reps 520 lbs.

Week 10: 100%, Meet. 1st attempt, 500 lbs.; 2nd attempt 530 lbs.; 3rd attempt, 550 lbs.



Ken blasted one all time Superheavyweight record after another to well over 700 lbs., and then surprised the World of Powerlifting by dropping way down to the 242 lb. class to make a remarkable 655.