

WORKOUT of the Month

MIKE MACDONALD'S BENCH PRESS ROUTINE

Here is an 8 week bench pressing cycle for beginning to intermediate lifters, based on a personal max single of 250 pounds starting the cycle. The goal would be to increase the bench press 40 to 60 pounds during the cycle. On all benches you should concentrate on strictness and technique. The Cambered bar can be used if you have one for the pause reps, but if you don't, you can use a regular straight bar. Be sure to take 3 minutes between sets and 4 to 5 minutes between pause rep sets for maximum progress.

First week: Monday: warmup 135x5x2 (135 pounds for 5 reps, 2 sets), 175x5x1, 200x3x1, 225x3x1. Next 2 second pause reps: 200x3x1, 190x3x1. Next EZ curl bar bench presses, narrow grip:

Maximum weight possible for 4 sets of 5 reps.

Wednesday: (same as above)

Saturday: warmup 135x5x2, 175x5x1, 205x3x1, 230x3x1. Next 2 second pause reps: 205x3x1, 195x3x1. Next EZ curl bar bench presses, narrow grip: Max weight possible for 4 sets of 5.

Second week: Monday: warmup 135x5x2, 175x5x1, 205x3x1, 230x4x1. 2 second pause reps: 205x3x1, 195x3x1. EZ curl bar bench presses max weight 4 sets of 5 reps. Hammer curls (thumbs up) 4 sets 5 with light weight (first day).

Wednesday: (same as above)

Saturday: warmup 135x5x2, 175x5x1, 210x3x1, 235x3x1 (increase today), 2 second pause reps: 210x3x1, 200x3x1. EZ curl bar bench presses, narrow grip max weight. Hammer curls (thumbs up) 6 sets of 5, add weight if possible today.

Third week: Bench twice per week now. Monday: warmup 135x5x2, 175x5x1, 210x3x1, 235x3x1, 2 second pauses: 210x3x1, 200x3x1, 190x3x1. EZ curl bar benches, narrow grip, max weight 5 sets of 5 reps. Hammer curls (thumbs up) 6 sets of 8 and (add weight only if possible).

Friday: warmup 135x5x2, 175x5x1, 215x3x1, 240x3x1, 2 second pause reps: 215x3x1, 205x3x1, 195x3x1; same as above

on EZ curl bar bench and hammer curls.

Fourth week: Monday: warmup 135x5x2, 175x5x1, 215x3x1, 240x3x1; 2 second pauses: 205x3x1, 195x3x1; keep same EZ curl bar routine and hammer curl, except add weight if possible.

Friday warmup: 135x5x2, 180x5x1, 220x3x1, 245x3x1; 2 second pauses: 220x3x1, 210x3x1, 200x3x1; same as above on EZ curl bar and hammer curl.

Fifth week: Monday: warmup 135x5x2, 180x5x1, 220x3x1, 245x3x1; pause reps: 220x3x1, 210x3x1, 200x3x1, 200x3x1; same as above on assistance work.

Friday: warmup 135x5x2, 180x5x1, 225x3x1, 250x3x1, 225x3x1, 215x3x1, 205x3x1, 205x3x1. Same assistance work.

Sixth week: Go max today: Monday: warmup 135x5x2, 180x5x1, 220x1x1, 250x1x1, 270x1x1 or 275; 2 second pause: 215x3x1, 205x3x1, 205x3x1; same as before on assistance work; increase weight when possible.

Friday: warmup 135x5x2, 185x5x1, 230x3x1, 255x3x1, pause reps: 230x3x1, 220x3x1, 210x3x1, 210x3x1, same as above on assistance work; increase weight when possible.

Seventh week: Monday: warmup 135x5x2, 185x5x1, 230x3x1, 255x3x1, pause reps: 230x3x1, 220x3x1, 210x3x1, 210x3x1; assistance work; keep same; increase weight when possible.

Friday: warmup 135x5x2, 185x5x1, 235x3x1, 260x3x1; pause reps: 235x3x1, 225x3x1, 215x3x1, 215x3x1; assistance work; keep same; increase weight when possible.

Last week: contest on Saturday: Tuesday: warmup 135x5x2, 185x5x1, 235x3x1, 260x3x1, pause reps: 235x3x1, 225x3x1, 215x3x1, 215x3x1; assistance work same.

Saturday contest day: warmup: 135x5x2, 185x5x1, 225x3x1; first attempt: 265, second: 285, 3rd: 290 or 295. GOOD LUCK

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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)



Mike MacDonald once held the IPF World Records in four different weight classes simultaneously, from the 181 lb. class up to the 242s.