

WORKOUT of the Month

Larry Miller's DRUG FREE Bench Press

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).



Dr. Larry Miller has benched 410 pounds, as a lifetime drug free 148 pound class competitor.

This workout assumes a maximum bench press of 350 lbs. In order for you to follow my workout, you must first translate the 350 lb. maximum into a maximum weight you can barely lift for 8 repetitions, which I term your Maximum Repetition Weight (MRW).

I work my chest on Wednesdays, my back on Fridays and my legs and arms on Sundays. I get plenty of shoulder work without working the area directly.

I do three sets of each exercise (excluding stretching and warmups). In order to reach your goals with my routine, you must have a positive mental approach. I keep records of the most weight I have lifted for 8 reps, 7 reps, 6 reps, etc. Every time I lift, I attempt a new Personal Record for reps at a specific weight and I do so for my first, second, and third set. After warmups and stretching, my first set of eight reps is my heaviest and I drop weight on my second and third, because I am not as strong on those sets.

Since I have had shoulder problems, I normally wear a Frantz denim bench press shirt when I do my heavy reps, although I don't use a shirt for declines. Most lifters should wear their bench shirt five weeks before a contest.

This routine is based on a 12 week cycle. At Week Eight, for my first Maximum Repetition Weight (MRW), I will do a maximum of 6 reps on my first set and then do my 8's on my second and third set. Week Nine, I will do 5 reps on my first set of my MRW and so on. I usually do a double at Week Twelve on my first set and again do 8's on my second and third set.

Although I show the lifter dropping 10 lbs. from

your first MRW set to your second and from your second to your third, this will vary from person to person. If your intensity is high you should not be able to lift as much weight for 8 reps on your second set as you can on your first. Your goal is to lift as much weight as you can for 8 reps on all 3 sets. Once you lift the weight for 8 reps on any particular set, you should add 5 lbs. the following week for that set. If you get 8 reps on all 3 sets, then you should go up 5 lbs. on all three sets.

Week One: Stretching - Flat Bench - Warmups (135x8, 135x8, 185x8, 225x8, 275x5) Maximum Repetition Weight (MRW) by 8 reps, MRW - 10 lbs. x 8 reps, MRW - 20 lbs. x 8 reps. Decline Bench press - MRW x 8 reps, MRW - 10 lbs. x 8 reps, MRW - 20 lbs. x 8 reps. Dumbbell Pullovers - 3 sets of eight reps.

Week Two - Week Seven: Every time you get 8 reps at a particular weight and set, add 5 lbs. to that set the following week.

Week Eight - Week Twelve: Instead of eight reps on your first set of MRW, attempt a weight you can do for 6 reps. Your second and third set should be for sets of 8 reps. For Week Nine, your first set of MRW should be for 5 reps. Week Ten should be 4 reps for your first set of MRW. Week Eleven should be for 3 reps for your first set of MRW and Week Twelve should be for 2 reps of your MRW.

Whatever weight you can do for 3 reps should be your opening attempt at the meet.

For further information about this routine, please contact Dr. Larry Miller at 5864 North Oval in Solon, Ohio 44139.