

WORKOUT of the Month

This program is designed for the intermediate lifter with a best of 500 pounds in the bench press. The 12 week cycle starts at a submaximal level, and increases in weight and intensity, while decreasing in reps. Given an honest shot, it should be beneficial for any bench presser.

You will train twice a week; one day heavy, the other light. Heavy once a week is plenty. The light day gives you time to recover and keep you in suspense for your heavy day.

Your first 6 weeks build your strength base. Concentration is more on reps than weight. You should always set a goal. A big set of 5 is a good place to start. If you're a 500 lb. bench and your goal for the next contest is 530, set your sights on doing 5 reps with 440 lbs. Once this is completed, it's time to assault heavier weights for lower reps.

Thursday and Monday are bench days. Monday will be the heavy day due to the extra days rest.

Week 1: Monday: 136x6, 225x6, 300x4, 350x2, 390x5. Thursday: 135x6, 225x6, 315x6 (3)

Week 2: Monday: 135x6, 225x6, 305x4, 355x2, 400x5 (2). Thursday: 135x6, 225x6, 315x6 (3)

Week 3: Monday: 135x6, 225x6, 310x4, 360x2, 410x5 (2). Thursday: 360x2, 410x5 (2)

Week 4: Monday: 135x6, 225x6, 315x3, 370x2, 420x5 (2). Thursday: 135x6, 225x6, 325x6(3)

Week 5: Monday: 135x6, 225x6, 315x3, 375x2, 430x5 (2). Thursday: 135x6, 225x6, 275x2, 340x5 (3)

Week 6: Monday: 135x6, 225x6, 315x3, 390x2, 440x5 (2). Thursday: 135x6, 225x6, 275x2, 340x5 (3)

Week 7: Monday: 135x6, 225x6, 315x3, 385x2, 430x1, 470x3, 430x5. Thursday: 135x6, 225x6, 275x2, 345x5 (3)

Week 8: Monday: 135x6, 225x6, 315x3, 385x2, 435x1, 480x3, 445x4. Thursday: 135x6, 225x6, 275x2, 345x5 (3)

Week 9: Monday: 135x6, 225x6, 315x3, 405x2, 450x1, 495x2, 465x3. Thursday: 135x6, 225x6, 275x2, 355x5 (3)

Week 10: Monday: 135x6, 225x6, 315x3, 405x2, 455x1, 505x2, 475x3. Thursday: 135x6, 225x6, 275x2, 355x5 (3)

Week 11: Monday: 135x6, 225x6, 315x3, 405x2, 455x1, 490x1, 520x1. Thursday: 135x6, 225x6, 275x2, 370x4 (3)

Week 12: Monday: 135x6, 225x6, 315x3, 405x2, 470x3.

Meet: 470-510-530

Assistance exercise should be done after benching. Monday's assistance exercises include 3 sets of inclines and 3 sets of weighted dips. Thursday's assistance exercises include 3 sets of seated front shoulder presses and close grip benches. All

Dan Mlodozeniec's Bench Routine



The Record Breaking Lift! 630.4 pounds, on the way up after 234 pound Dan Mlodozeniec's explosive start.

More on Dan Mlodozeniec Dan is 25, and graduated from Fredonia State College with a B.A. in Business Administration. He started Powerlifting in 1980 as a freshman to develop his strength for track and field where he set collegiate records in the shot put and hammer. From the start he responded well to the bench press, easily handling over 450 lbs. at a body weight of 210 lbs. After training steadily for 3 years he worked himself up to 540, weighing 220. Here he made the transition to the 242 lb. class, but he never has been able to maintain a body weight of more than 235 lbs. Working very hard, Dan was able to successfully bench over 600 lbs. at the 1986 New York State Championships. He completed 605 on his 3rd attempt and was granted a 4th to break the A.P.F. World Record of 617 lbs. by Jeff Magruder. Dan nearly completed 620, but could not lock his elbows.

At this point Dan decided to compete in the Empire State Games as a shot and hammer thrower. He discontinued weight training for 2 months and dropped to 216 lbs. After taking a silver and bronze in the shot and hammer, respectively, he set his mind back on breaking the World Record in the bench. Training 3 to 4 days a week on all three lifts, he decided on 3 competitions. The first was the Auburn Open on Nov. 23rd. Dan squatted 700, benched 610 lbs., and deadlifted 600 for a 1970 total, at 230 lbs., to win his class and Outstanding Lifter. Feeling confident, he geared up for the Northern Adirondack Nationals on Dec. 7, in Lake George, NY (This meet, directed by Glenn and Patti Stevens of Power Systems Unlimited, was an excellently run competition. They both should be commended for all the great things they have done for Powerlifting). Despite trying hard to get his weight up, he was only able to put on 4 lbs. Feeling comfortable and healthy, Dan went on to easily complete 744 lbs. for his 3rd attempt squat. Having 30 minutes of rest before the bench press, he prepared himself for his opening attempt of 265 kg (584 lb.). Everyone was surprised to see how easily Dan pushed the weight off his chest and locked it out. Dan went right for the record and jumped to 281.6 kg (619.45 lb.). He was able to attempt this specific poundage because Glenn anticipated Dan's World Record attempt and brought along special 1/2 kg. plates. Dan handled the weight relatively easily and the crowd showed its appreciation after seeing the 3 white lights shine. Knowing he had more strength to demonstrate, he proceeded to 286.5 kg (630.4 lb.). Utilizing the round system in the squat and bench press definitely helped Dan in this situation, allowing him a nice 10 min. rest before attempting to become 6th overall in the history of the bench press. He prepared mentally by quietly concentrating and visualizing. Dan's personality is very casual and follows suit with his style of mental preparation. With a good handoff Dan held the massive amount of weight over his chest for a moment with no shakiness. Looking very strong, he lowered the weight to his chest, exploding at the sound of the signal to press. The weight moved up slowly, but smoothly and he locked it out nice and hard. The 242 lb. weight class bench press record was officially broken a second time. This was truly one of the greatest feats of strength of all time and will be long remembered and respected.

Both Dan and I had planned on competing again at the YMCA Nationals. Much to our disappointment we were unable to attend due to some major disruptions on our trip that weekend to Columbus. There is, however, plenty of time for Dan to continue training and competing, pushing himself far beyond the level he is at now. **Tony Vargas**

repetitions should peak to a double (ex: 6-4-2). Your assistance work should end at least 1 month before a contest. If you wear a bench shirt, use it on heavy days only and start using it about four heavy workouts before a contest. I strongly recommend the 'Inzer Blast shirt.'

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 a 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).

Always remember to use proper bench form. Never bounce the bar off your chest or arc your back. Bad habits are hard to break, so don't use them to begin with.

For more information, contact me at the following addresses:

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