



Featured Workout

RICH DANIELS BENCH PRESS ROUTINE

Hello my name is Rich Daniels and I live in Ft. Lauderdale, Florida. I am a thirty-five year old powerlifter and have been competing for sixteen years now. Over the years I have tried many programs, trying to add those extra pounds to my bench. Well, I have put together a program that will help you take it to the next level. It's a mixture of Westside, old school and Metal Militia. My best bench to date is 445 lbs. in the 181 lb. class. Here is the routine I am currently using in preparation for breaking the 165 lb. class APA World Record. I plan on benching 455 lbs.

This program is designed for eight weeks out from a contest. I have a "Speed Day" where I use different levels of band tension off boards and a "Max Effort Day" where I concentrate on singles to the chest or off boards. I train in a Karin open back double denim. A lifter that wears poly can also benefit from this workout - just add more sets to the chest.

Your Max Effort days would look like this:

- WEEK 8** (Shirt Day) Heavy 3-board, competition grip, max single until you miss
- WEEK 7** (No Shirt) Raw chain press w/ 120 lb. chains, max singles
- WEEK 6** (Shirt Day) 2-board max singles again until you miss or come close
- WEEK 5** Camber bar off 1-board with chains, max triples on these
- WEEK 4** (Shirt day) 1-board max singles
- WEEK 3** (No Shirt) Raw chain press to chest, again heavy singles
- WEEK 2** (Shirt Day) opener to chest
- WEEK 1** Contest

On speed day the goal is never singles. We do one set of 5 as a last warm-up, then triples attempting to do a 5 lb. PR on the last set. We also rotate a bar exercise with a dumbbell every two weeks and band tensions. We always drop down to a regular mini which will give you the recovery without losing the training effect. Folks, if you rotate through the bands and taper off before a

meet you will be fine. If you feel that the bands are overtraining you, first take a look at the rest of your training days. Keep volume to a minimum and get out of the gym. Find a band tension that allows you to get between 3-5 reps and you have your starting point, over time you build PR's and find the right tension to rotate.

Your Speed Days would look like this:

- WEEK 8** 5-board press with mini band, flat Tate presses, 3 sets of 10 reps
- WEEK 7** 4-board press with purple band, incline Tate presses, 3 sets of 10 reps
- WEEK 6** 6-board press with mini & purple band, safety squat bar extensions, 3 sets: 8, 8 and 6 reps
- WEEK 5** 5-board press with mini band, safety squat bar extensions, 3 sets: 8, 8 and 6 reps
- WEEK 4** 4-board press with purple band, JM presses, 3 sets: 8, 8 and 6 reps
- WEEK 3** 6-board press with mini & purple band, JM presses, 3 sets: 8, 8 and 6 reps
- WEEK 2** 5-board press with mini & purple band, heavy d/b rolls, 3 sets of 8, 8 and 6 reps
- WEEK 1** No bands, light d/b rolls, 3 sets: 8, 8 and 6. Only light tricep work - the last speed day before the meet, which for a Saturday meet would be no later than Monday.

On Speed Day I start with speed bench which we wave from 45, 50 and 55% over three weeks. We then go to a high board with either bands or chains and keep the reps from 5 to 3, never less. Always try for a PR here. Afterwards we finish with either a bar or d/b rotation. We also rotate our band tension.

It would look like this:

- Speed Bench** (45% of raw max) with mini band, 6 sets of 3 reps
- 5-Board Press** with double purple bands, 3 sets of 5, 3 and 3 reps (go for a PR on last set)
- Safety Squat Bar Extensions** (place a small piece of plywood on chest and keep elbows tucked, thanks to Ed from Southside Barbell for that exercise), 3 sets of 8, 8 and 6 reps

Band Pushdowns with purple bands, 100 reps

This system may look easy, different or even weird. But it has produced three 600 lb. benchers, two 500 lb. benchers and a few over 400 lbs. with two being drug-free lifters in the 165 lb. class. Everyone wants a new twist to add to their training. Maybe this routine will work for you as well.

I believe lifters need to focus more on diet. I'm not saying you have to eat like a bodybuilder, but it is a fact that your diet can cause you to hit or miss. Here is the diet I use eight weeks out from a powerlifting contest to maximize fat loss and minimize muscle loss:

- MEAL 1** 8-10 egg whites, 1/2 cup oatmeal, 1 piece of fruit
- MEAL 2** Protein shake with 20g whey protein and 8 oz. liquid egg whites
- MEAL 3** 8 oz. skinless boneless chicken, 1 cup green beans, one medium potato
- MEAL 4** Protein shake or tuna
- MEAL 5** 6 oz. ground turkey, 1/2 cup cooked brown rice
- MEAL 6** Protein shake or tuna
- MEAL 7** 8 oz. whiting, 1 cup green beans or broccoli

The basic foods I stick with for the meals are tuna, egg whites, turkey, chicken, protein shakes, and whiting (fish low in fat). I keep fruits in the morning and vegetables at night. I avoid high GI carbs and late night carbs. At eight weeks out I cut out all junk foods and make diet number one. Supplementing flax seed oil and other sources of polyunsaturated fats, helps to make sure I receive the necessary amounts of good fats in my diet.

To sum it up, bands increase the time of maximal or near maximal force and increase the eccentric load which leads to increased size and strength. Anyone with any questions on this type of training can e-mail me at at_i_tude@hotmail.com



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