

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 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 the 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 1.2 (600 divided by 500).

Jeff Magruder's 16 Week Bench Program



JEFF MAGRUDER was one of the great record busting benchers of the 80s and 90s. His unique approach to bench training was described in *PL USA* by his friend John Comereski, and this notion of the "residual effect" was adopted by Greg and Dawn Reshel in their training programs. Intentionally overtraining during part of your training cycle, and then backing off to take advantage of the body's eventual response to the overtraining stimulus was the key to its effect.

"Weeks 1-4: You will get weaker due to overtraining, but this is necessary for the residual effect to take place later. Poundages remain the same in each exercise throughout this phase. Weeks 5-8: This is an overload regimen that will add to your overtraining and allow for a more full residual effect. This phase of training concentrates on the muscle confusion theory whereby you are shocking your muscles in different ways. Weeks 9-16: This is the actual contest training phase. Here Magruder becomes more concerned with the weights he is handling. He also cuts out many of his assistance exercises.

* These maximum repetitions are performed quickly until Jeff reaches failure, where he cannot do another rep.

+ With this exercise Jeff does as many as 50 reps quickly, until he feels a "pump", then he slows his remaining reps until he reaches muscle fatigue.

& This exercise is performed between 2 benches with 90 pounds placed on Jeff's slap. He will perform

Jeff performed all of these exercises indicated on Mondays ('L' - light) and Thursdays ('H' - heavy).

Weeks	1-4	5-8	9-16
EXERCISES	SETS/REPS	SETS/REPS	SETS/REPS
BENCH PRESS	-	L- 4x5/5/5** H- 4x5, 3x3 forced#	L- 5x5 H-5x5, 5x3, 3x3\$
CLOSE GRIP BP	-	L- 3x8	-
HIGH NECK BP	-	H- 3x3	-
INCLINES	3xmax*	-	-
FLYES	3xmax	L - 3x8 H - 3x5	5x6
PEC DECK	3xmax	-	-
CROSSOVERS	3xmax	-	-
BEHIND NECK PRESS	3xmax	L - 4x8	4x6@
CLEANS	3xmax	-	-
SIDE LATERAL RAISE	-	L - 3x8 H - 3x6	3x6@
FRONT LATERAL RAISE	-	L - 3x8 H - 3x6	3x6@
REAR LATERAL RAISE	3xmax	-	3x6@
DIPS	3xmax +	-	-
REVERSE DIPS	3xmax&	-	-
TRICEP PUSHDOWN	-	L - 5x8 H - 5x6	5x6@@
REVERSE TRICEP PUSHDWN	3xmax	-	-
1-ARM TRICEP EXT.	-	L - 5x8 H - 5x6	-
LYING TRICEP EXT.	-	-	5x6@@

Below is Jeff's contest training regimen (the last 8 weeks of the overall program) in specific detail. These exercises are performed on Mondays and Thursdays with the latter being the heavy day.

WEEK	HEAVY DAY	LIGHT DAY	COMMENTS
1	5x5x505	5x5x405	Heavy day should feel easy.
2	5x5x515	"	Light days remain constant throughout cycle.
3	5x5x540	"	
4	5x500	"	
	5x515	"	
5	3x5x540	"	This is Jeff's last tough heavy day. By now his power is already established.
	5x515	"	
	5x540	"	
6	3x5x550	"	
	3x500	"	
	3x515	"	Heavy days now used only for maintenance. This is when he experiences a residual effect. Full recuperation is facilitated.
	3x540	"	
	3x550	"	
7	3x565	"	
	3x500	"	
	3x525	"	Full recuperation is facilitated.
	3x3x545	"	
8	3x425	"	
	3x450	"	
	3x475-500	"	

roughly 15 reps, until a "pump" is present, then he slows his speed and pauses each rep in the lowered position.

** Each of 4 sets is performed in super-set manner whereby Magruder performs reps, rests 10 seconds and then repeats this until

15 reps are completed. This 15-rep set is repeated 4 times. Jeff usually uses about 405 lbs. on the bar for these.

Here Jeff adds anywhere from 60-80 pounds on his sets of 5s and performs forced reps with the help of his partner.

@ There are not performed during the last 4 weeks of this training phase.

@@ These exercises are cut-out for the last week of training.

\$ These rep ranges are dependent upon where Magruder is in his training cycle."