

WORKOUT of the Month

I will assume that the lifter coming into this routine is capable of a 450 lb. maximum bench press. This particular routine will run for a total of twelve weeks. An increase of 20 to 30 lbs. could be anticipated.

This routine will be based upon a principle of "Load leaping". This is a highly specific system that combines the principles of supercompensation and variety. The system also utilizes changes in leaps of loading and unloading.

That is, during this routine we will have three weeks of loading followed by one week of unloading or a recovery phase. It is my contention that athletes need restoration or recovery phase built into a cycle.

In addition the cycle is divided into three specific phases. (1) The hypertrophy phase, where the primary concern is the development of muscle during the peaking phase. (2) The second phase is the building phase where we begin to enhance motor unit activation through an increase in intensity (intensification phase). The more intense training also promotes physiological and psychological stagnation which can be caused by repetitive training loads.

The third and final phase is the peaking phase. In this phase volume is decreased, but intensity is at its maximum. At this time we peak our strength, develop our tendon and joint attachments to the maximum

(135), 1x10 (225), 1x10 (290), 1x10 (300), 1x10 (315), 1x10 (330) assistance exercises same as week one; Thursday: Bench Press 1x10 (135), 1x5 (330), 1x5 (345), 1x10 (290), 1x10 (305), 1x10 (315) assistance exercises same as week one.

Week 4: This is a recovery or an unloading week. During this week we will bench press only one time. This enables us to recover and prevents the cumulative detrimental effects of overtraining. During this week we will workout on Wednesday only. The workout is as follows: 1. Bench Press 1x10 (135), 1x10 (225), 1x8 (290), 1x6 (330), 1x4 (370); 2. Incline Press 10-10-10 light; 3. Dumbbell Flies DP presses 10-10-10 light; 5. DB 21's 2 sets light; 6. Alt Standing Dumbbell Curls Superset and Tricep Pushdowns 10-10-10-10 light.

Week 5: Week five begins the building phase of our cycle. We will begin to focus on increasing the weights and paying more attention to the technical aspects of the lift. I have had great success by videotaping my workouts beginning at this phase. The Workout

We will bench once again on Monday and Thursday. Monday: Bench Press 1x10 (135), 1x8 (225), 1x5 (290), 1x5 (330), 1x5 (370), 1x5 (370) assistance exercises same as week one.

Week 6: We will bench only once during this week preferably on Wednesday. The workout is as follows: Wednesday: Bench Press 1x10 (135), 1x10 (225), 1x8 (295), 1x6 (340), 1x4 (385); Incline Press 10-10-10 light; Thursday: Bench Press 1x10 (135), 1x8 (225), 1x5 (275), 1x5 (340), 1x5 (370) assistance exercises same as week one.

Week 7: Monday: Bench Press 1x10 (135), 1x8 (225), 1x5 (275), 1x5 (340), 1x5 (370) assistance exercises same as week one. Tuesday: Bench Press 1x10 (135), 1x8 (225), 1x5 (290), 1x5 (315), 1x5 (340), 1x5 (370) assistance exercises same as week one.

Week 8: We will bench only once again during this week on Wednesday. The workout is as follows: Wednesday: Bench Press 1x10 (135), 1x10 (225), 1x8 (295), 1x6 (340), 1x4 (385); Incline Press 10-10-10 light; Thursday: Bench Press 1x10 (135), 1x8 (225), 1x5 (275), 1x5 (340), 1x5 (370) assistance exercises same as week one.

Week 9: Monday: Bench Press 1x10 (135), 1x8 (225), 1x5 (275), 1x5 (340), 1x5 (370) assistance exercises same as week one. Tuesday: Bench Press 1x10 (135), 1x8 (225), 1x5 (290), 1x5 (315), 1x5 (340), 1x5 (370) assistance exercises same as week one.

Week 10: Monday: Bench Press 1x10 (135), 1x8 (225), 1x5 (275), 1x5 (340), 1x5 (370) assistance exercises same as week one. Tuesday: Bench Press 1x10 (135), 1x8 (225), 1x5 (290), 1x5 (315), 1x5 (340), 1x5 (370) assistance exercises same as week one.

Week 11: We will bench only one time this week on Monday for week 12. The workout is as follows: Monday: Bench Press 1x10 (135), 1x8 (225), 1x5 (275), 1x5 (340), 1x5 (370) assistance exercises same as week one.

Week 12: Meet Week, Monday: Bench Press 1x10 (135), 1x5 (225), 1x3 (315), 1x1 (405), 1x1 (440) Tricep Pushdowns Superset with Alt DB Curls 10-10-10 light; Saturday or Meet Day: Bench Press 1x10 (135), 1x5 (225), 1x3 (315), 1x1 (365), 1x1 (405); 1x1 (440) opener; 1x1 (465) second attempt.

This routine maximizes muscular response by adding overall variety to the lifter's training program. Recent research indicates that strength training programs may lose their efficiency after only two weeks since the body adapts rapidly to the stress of training loads.

If the nervous and muscular systems are allowed to adapt to constant training loads the efficiency of the program will be diminished. We also must remember that muscles gain strength quicker if trained at various speeds. The speed of muscular contraction has a specific training effect on the neuromuscular system. Therefore, during the hyper-

30° angle 10-10-10 light; Dumbbell Flies 10-10-10 light; Alternate Seated DB Presses 10-10-10 light; DB 21's 2 sets light; Alt Standing DB Curls Superset with Tricep Pushdowns 10-10-10-10 light.

The final four weeks constitute our peaking phase. This is where we put it all together and begin to increase our strength and explosive power. We will once again increase our intensity but decrease our volume and auxiliary exercises. This is also the phase where plyometrics can come into play, on your off days.

Plyometrics utilizing medicine balls seem to work the best for me. Simply find a partner and practice explosive chest passes from a distance of 10 or 12 feet apart. A bench shirt should also be used for your welcome workouts for the remainder of the cycle.

Week 9: Monday: Bench Press 1x10 (135), 1x10 (225), 1x8 (270), 1x6 (315), 1x4 (360), 1x3 (385), 1x2 (410) Seated Alt DB Press 10-8-6-4-3; Standing Alt DB Curls 10-8-6-4-3; Tricep Pushdowns Superset with Alt DB Curls 10-8-6-4-3; Thursday: Bench Press 1x10 (135), 1x8 (225), 1x5 (315), 1x5 (340), 1x5 (370) assistance exercises same as week one.

Week 10: Monday: Bench Press 1x10 (135), 1x8 (225), 1x5 (275), 1x5 (340), 1x5 (370) assistance exercises same as week one. Tuesday: Bench Press 1x10 (135), 1x8 (225), 1x5 (290), 1x5 (315), 1x5 (340), 1x5 (370) assistance exercises same as week one.

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Week 12: Meet Week, Monday: Bench Press 1x10 (135), 1x5 (225), 1x3 (315), 1x1 (405), 1x1 (440) Tricep Pushdowns Superset with Alt DB Curls 10-8-6-4-3 (only auxiliary exercises used)

trophy phase of the cycle (weeks 1-4) I recommend training at slow speeds to develop maximum muscular strength. This also develops a strong muscular base.

Speed of contraction should be increased to a moderate tempo during the building phase and should escalate to a higher speed during the peaking phase.

Key Principles of the Overall Program 1. Variety is utilized throughout the cycle to maximize your training response. 2. By using the loading and unloading or restoration weeks, overtraining is eliminated. 3. Speed of contraction is specific to the training effect desired. 4. Auxiliary exercises are added or deleted as necessary to control overall volume and intensity within the cycle. 5. Rest periods between sets should increase as the cycle increases. As a good general rule: use 1/2 minute rest periods during the hypertrophy phase, use 2-3 minute rest periods during the building phase, and use 3-4 minute rest periods during the peaking phase.

Good luck! Individual training routines are available. Send me a detailed training summary, including your present maxes in the squat, bench, or deadlift. Also include your height, weight, and auxiliary exercises utilized, and lengths of training experience.

Courses are 20 dollars for one lift, 35 dollars for two lifts or 45 dollars for all three lifts. Send requests to: John Ware, c/o Football Office, Northeast Missouri State University, Kirksville, MO 63501.

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