

The human body is like a machine. For it to last long, it has to be tuned properly. This has to be done with the utmost care and effort. The purpose of this report is to put you at your goal of increasing your bench press through a variety of exercises. To do this, you must work **HARD** and be willing to push yourself to failure on each set. With this routine your strength will improve each week, with your peak at the end of the 8th week.

Here are some basic guidelines for you to follow:

EAT A WELL BALANCED MEAL DURING THE 8 WEEKS

Do not diet to lose weight during this routine. A thin person should concentrate on foods high in proteins and carbohydrates as much as possible. This will put inches of muscle on all parts of your body. Make sure to take all the vitamins & minerals you need to stay healthy.

GET PLENTY OF REST AND SLEEP

Get a minimum of 7-8 hours of sleep each night. Rest gives the body time to rebuild muscle fibers and replenish its energy by converting complex carbohydrates into glucose, which creates glycogen, the main source of energy for the body.

KEEP A HAPPY OPTIMISTIC ATTITUDE

Stress can cause fatigue, which leads to lack of energy. Start your workout with a positive attitude, knowing within a short time you will see great results. Do not do any exercises other than what is on the workout schedule for the day's routine.

What follows is the workout that I have developed & used for the last twelve years. I have developed this workout through trial and error; from tips I have picked up over the years. In 1994 I was in a dire need of a new training program, as after one year of hard, dedicated workouts, I went backwards in my bench press by 20 pounds. That was the straw that broke the camel's back ... I needed something new! The first 2 weeks I used this routine; my bench went back up 20 lbs. and I felt great. After six weeks, my bench was up 50 lbs. My best-equipped bench press is 585 lbs. @ a body weight of 214 lbs. My best RAW Bench to date is 515 lbs. done at the 2005 100% RAW World Bench Press Championships. I have named this routine the **REVERSE PYRAMID METHOD**.

This routine is designed for the lifter to utilize their full power & strength, before fatigue and burnout occurs during their workout. The body uses ATP & Glycogen as its main source of energy when under extreme stress from heavy lifting or sprinting. There are many variables that come into play when a person goes into the gym to work out that can affect their training for the day - things such as stress, what you ate last night, how hard your work day was, the temperature outside, relationship problems, and the amount of sleep you got are just a few of the variables. These variables can cause you to lose repetitions during your workout and, falsely, make you feel like you are getting weaker. With this **REVERSE**

WORKOUT OF THE MONTH

IMPROVING YOUR BENCH USING MY REVERSE PYRAMID METHOD

as told by to Powerlifting USA by Paul Bossi



PYRAMID METHOD these variables will not affect you because your body has enough glycogen & ATP stored to do 1 set of 3 repetitions.

The reason I say 1 set of 3, is because a set of 3 repetitions will keep your training near your max weight without overtraining. In a good powerlifting routine you only need to do each bodypart once a week. When working out heavy, resting your body is important. To increase your strength during different exercises, you'll perform 6-10 repetitions

You do not want to take off too much time so that the muscles begin to atrophy. Guys that try to max each week will overtrain and begin to go backwards. This routine is for the **DRUG FREE LIFTER** who wants to make gains the old fashioned way. This workout is a 3 day on - 4 day off routine. This will allow your body the time it needs to rest & recover as well as replenish its ATP & Glycogen levels for your next workout. When doing this routine remember that when you hit 11 reps with a weight, increase the weight on your next workout. When I do my one triple (1x3) each week at the beginning of my workout.

I will only increase the weight if 3 reps at that weight are easy and I can get 4 reps.

This routine is for the lifter who understands that gains are made over a period of time, not overnight. Yes, you will hit sticking points, but remember this takes time and dedication, so just keep

fighting through it. You will not overtrain with this routine and you will always stay strong and ready to compete. Good luck and let me know how you do with this workout.

MONDAY (CHEST)

Bench (Warm-ups) "what ever you need to do to warm up"; Set 1 (1x3) Reps Max weight: 3 reps your limit & if you get 4 reps you'll move up; Set 2 (8x10) Reps "When you get 11 Reps Move up (5-10lbs); Set 3 (8x10) Reps "When you get 11 Reps Move up (5-10lbs); Set 4 (8x10) Reps "When you get 11 Reps Move up (5-10lbs); Set 5 (8x10) Pauses Have your partner give you the press signal after bar is motionless.

Incline: 3 - Sets of (8x10) Reps "When you get 11 Reps Move up (5-10lbs)

Decline.

Tuesday (Back & Biceps)

Bicep: 4 - Sets (8x10) Reps Curls Inside EZ curl Bar; 4 - Sets (8x10) Reps Curls Inside EZ curl Bar; 3 - Sets (8x10) Double Bicep Pull Down; 2 - Sets Pull-ups MAX OUT.

Back: 3 - Sets (8x10) Lat Pull Down; 3 - Sets (8x10) Reps Low Row; 3 - Sets (8x10) Bent over rows; 3 - Sets of (8x10) Reps "When you get 11 Reps Move up (5-10lbs).

Wednesday (Shoulders & Triceps)

Shoulder Press: 4 - Sets (8x10) Reps; Forward Lateral Raises: 3 - Sets (10x12) Reps; Reverse Cable Extensions: 3 - Sets (10x12) Reps; Close Grip Bench: 4 - Sets (8x10) Reps; French Curls 3 - Sets (8x10) Reps; Triceps Extensions: 4 - Sets (8x10) Reps; Dips: 2 Sets of Max.

Paul Bossi, is the President of the 100% RAW Powerlifting Federation. To contact Paul or to find out more information on RAW Competitions being held in your area visit: www.RawPowerlifting.com

