

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 top 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 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)

Kim Brownfield's "Simple, Stupid Workout"

This is a workout based on an intermediate lifter who can bench press 375 lbs. and would like to hit the BIG 400 lb. mark.

First of all, I am a firm believer in keeping any training program simple. I have been training the bench press for 17 years and the following is a program I have used for the biggest part of my career. The program will work on a nine week training cycle with the three lifts on Week 10 being: 1. 365 lbs., 2. 385 lbs., 3. 405 lbs.

WEEK 1: Monday - warmups for the Bench Press. Week 1-5 - 135x10, 225x8, 275x5. Week 6-9 - add warmup set of 315x2. Bench Press Singles and Pauses with Bench Shirt - 1x315, 1x335, 1x355, 4x5 with 305, 2x5 pause 5 seconds with 275, 2x7 close grips with 260. 4x10 reps heavy dumbbell press (use that weight that works for you during DB presses)

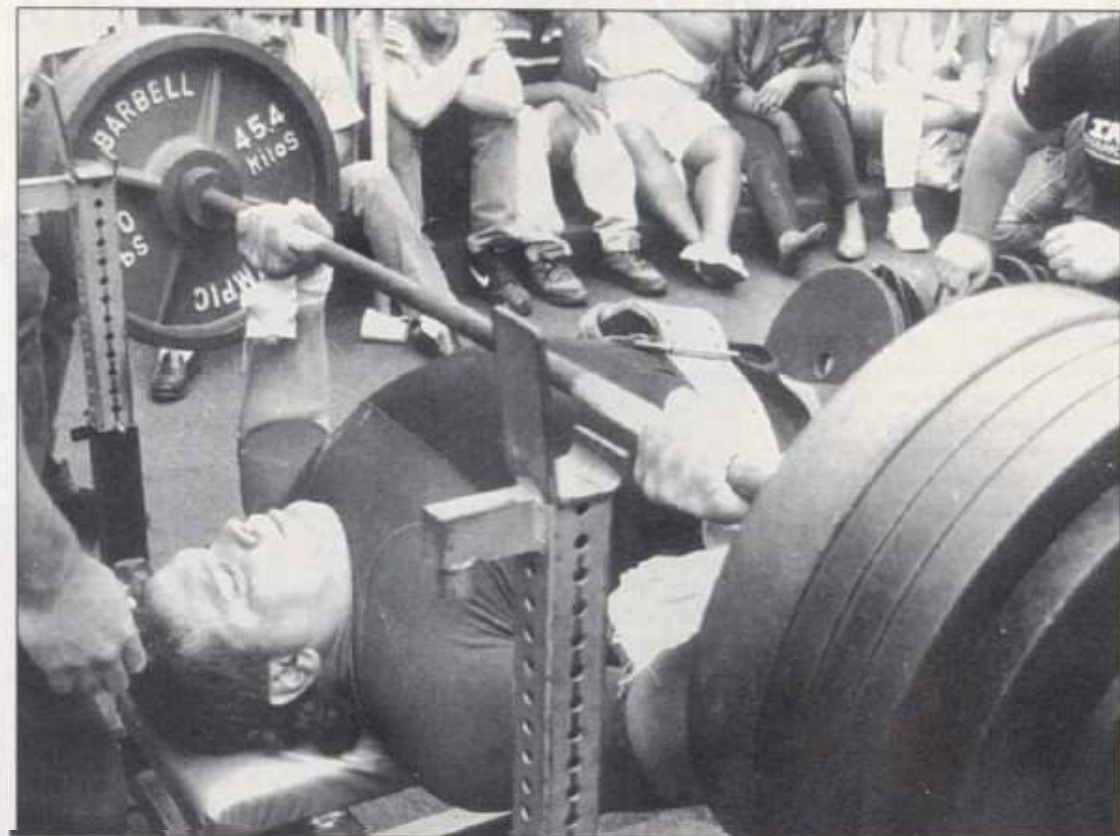
Wednesday: Before each exercise, I do 1 warm-up set of 10-15 reps. Increase poundages 5 lbs. every two weeks on each exercise. 3 sets of 10 lying tricep extensions, 3 sets of 10 tricep push down on cable machine, 3 sets of 10 behind the neck triceps, 3 sets of 10 DB curls, 3 sets of EZ curl bar curls, 3 sets of 10 cable curls - each arm one at a time (next week, both arms with a curl bar), lat pull down - 3 sets of 10 front and back, 2 sets of chin up til burn out, 3 sets of burn down situps to end workout.

Friday: Bench Press - 3 sets of 3x305, 2 sets of competition pauses - 260, 2 sets of 10 DB shoulder presses (weight that works for you), 2 sets of shoulder presses off of Smith Machine with 60% of max for 2 sets of 8 reps, 3 sets of 10 leg presses (stability for the bench), 3 sets of sit ups - burn down.

WEEK 2: Monday - Bench Press Singles with Pauses with Bench Shirt - 1x320, 1x340, 1x360, 4x4 with 310, 2x5 pause 5 seconds with 280, 2 sets of 7 close grips with 265, 4 sets of 10 reps heavy dumbbell press.

Wednesday - Same as Week 1.
Friday - Same as Week 1, but up poundages by 5 lbs.

WEEK 3: Monday - Bench Press Singles with Pause with Bench Shirt - 1x325, 1x345, 1x365, 4x4 with 315, 2x5 pause 5 seconds with 285, 2 sets of 7 close grips



Kim Brownfield is shown above bench pressing 600 lbs. at 219 lbs. bodyweight. Seventeen years of No Nonsense "Simple" training (since age 13), with steady increases each year, have made Kim one of the premier bench pressers today. Who says lifting is not a test of endurance. Kim has bench pressed 600 lbs. in both the 220 and 242 lb. classes. (photo courtesy of Sugar Lynn Brownfield, at the '93 Mad Dog meet)

with 270, 4 sets of 10 reps heavy dumbbell press.

Wednesday - Same as Week 1.
Friday - Same as Week 2, but up poundages by 5 lbs.

WEEK 4: Monday - Bench Press Singles with Pauses with Bench Shirt - 1x330, 1x350, 1x370, 4x4 with 320, 2x5 pauses 5 seconds with 290, 2 sets of 7 close grips with 275, 4 sets of 10 reps heavy dumbbell press.

Wednesday - Same as Week 1.
Friday - Same as Week 3, but up poundages by 5 lbs.

WEEK 5: Monday - Bench Press Singles with Pauses with Bench Shirt - 1x335, 1x355, 1x375, 4x4 with 325, 2x5 pause 5 seconds with 295, 2 sets of 7 close grips with 280, 4 sets of 10 heavy dumbbell press.

Wednesday - Same as Week 1.
Friday - Same as Week 4, but up poundages by 5 lbs.

WEEK 6: Monday - Bench Press Singles with Pauses with Bench Shirt - 1x340, 1x360, 1x380, 4x4 with 330, 2x5 pause 5 seconds with 300, 2 sets of 7 close grips with 285, 4 sets of 10 reps heavy dumbbell press.

Wednesday - Same as Week 1.
Friday - Same as Week 5, but up poundages by 5 lbs.

WEEK 7: Monday - Bench Press Singles with Pauses with Bench Shirt - 1x345, 1x365, 1x385, 4x4 with 335, 2x5 pause 5 seconds with 305, 4 sets of 10 reps heavy dumbbell press.

Wednesday - Same as Week 1.
Friday - Same as Week 6, but up poundages by 5 lbs.

WEEK 8: Monday - Bench Press Singles with Pauses with Bench Shirt - 355x1, 375x1, 395x1, 4 sets of 4 with 340, 2 sets of 5 pause 5 seconds with 310, 2 sets of 7 close grips with 295, 4 sets

of DB work.

Wednesday - Cut back assistance exercise to: 2 sets of each. No chin ups. No EZ bar curls.

Friday - Bench - 3 sets of 3 with 340, 3 sets of competition presses with 295. No shoulder work. 2 sets of 10 heavy leg presses. 2 sets of sit ups to burn out.

WEEK 9: Monday - Bench - 360x1, 380x1, 400x1, 4 sets of 4 with 345.

Wednesday - Tricep extension: 2 sets of 10, Triceps pushdowns: 2 sets of 10, 2 sets of dumbbell curls - light.

Friday - 3x3 with 340. 2 sets of competition presses with 300.

COMPETITION WEEK: Monday - Three singles up to your competition opener - 1x325, 1x345, 1x365, 1 set of 4 with 325.

That's it!! Now you are ready! Rest until Saturday - Competition Day.