

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)

CHRISTOPHER BYRNES - BENCH PRESS

This workout is based on a lifter who has a current max of 300 lbs. My training is three days per week, Monday, Wednesday, and Friday. Monday I bench press; but, it is a light session. Friday I bench heavy.

On Monday I work chest, biceps and triceps, Wednesday I do shoulders and back and Friday chest, triceps, and biceps. Monday is my light chest day and I work at about 75% of my max.

I concentrate a great deal on technique and always use a spotter. I do not utilize the bench shirt until about a week before a competition. All of my assistance work is done on my heavy day which includes dumbbell-presses and flies or incline presses.

For triceps I do extensions and push downs,

shoulders are lateral dumbbell raises and behind the neck presses and biceps, dumbbell and preacher curls.

Light chest days, assistance work can be done if you prefer. Chest work should be about 75% of your max. Remember that your light day should be done at 75% of your heavy day. Example: Heavy day - dumbbell flies 45 pounds five sets of six reps. On light day you would cut this down to 30 pounds five sets for eight reps.

I recommend watching your diet closely and put a great deal of emphasis on technique. Try to get proper rest and always use a spotter.

I drop this assistance work from my routine the week of a competition and usually rest four days before the contest.

WEEK 1: Monday (light day) Bench Press Bar x 15, 135x10x3, 180x8x4 (4 sets). Close grip 145x8x3. Pushdowns 6 sets of 8 reps for the entire cycle. Bicep curls with dumbbells or preacher bar six sets of eight reps for the cycle. Wednesday (shoulders and back) Behind the neck press bar x15 reps,



Chris Byrnes has an American Record in the ADFPA in the bench at 132 lbs. with a 369.

70x8x2, 80x5x3, lateral dumbbell raises and pull downs. Friday (heavy day) Bench Press bar x15, 135x10x2, 185x8, 220x5x3 (3 sets) dumbbell presses 3 sets of six reps. Biceps curls (same as light day)

WEEK 2: Monday (light day) Bench Press Bar x15, 135x10x2, 185x8x4 sets. Close grip 150x8x4. Bicep curls with dumbbells or preachers six sets of eight reps. Wednesday (shoulders and back) Behind the neck press bar x15 reps, 75x8x2, 85x5x3, lateral dumbbell raises and pull downs Friday (Bench Press) heavy day Bar x15, 135x10x2, 190x8, 225x5x3. Bicep curls six sets of eight reps.

WEEK 3: Monday (bench press) light day Bar x15, 135x10x2, 190x8x4 sets. Close grips 155x8x4. Biceps curls six sets of eight reps. Wednesday (Shoulders and Back) Behind the neck presses bar x15 reps, 80x8x2, 90x5x3. Lateral dumbbell raises and pull downs. Friday (Bench Press) heavy day bar x15, 135x10x2, 195x8x, 230x5x3. Biceps curls six sets of eight reps.

WEEK 4: Monday (bench press) light day Bar x15, 135x10x2,

195x8x4 sets. Close grips 160x8x4. Biceps curls six sets of eight reps. Wednesday (shoulders and back) Bar x15, 85x8x2, 95x5x3. Lateral dumbbell raises and pull downs. Friday (bench press) heavy day Bar x15, 135x10x2, 200x8, 235x5x3. Biceps curls six sets of eight reps.

WEEK 5: Monday (bench press) light day Bar x15, 135x10x2, 200x8x4 sets. Close grips 165x8x4. Biceps curls six sets of eight reps. Wednesday (shoulders and back) Bar x15, 90x8x2, 100x5x3. Lateral dumbbell raises and pull downs. Friday (bench press) heavy day Bar x15, 135x10x2, 205x8, 204x5x3. Biceps curls six sets of eight reps.

WEEK 6: Monday (bench press) light day Bar x15, 135x10x2, 205x8x4 sets. Close grips 170x8x4. Biceps curls six sets of eight reps. Wednesday (shoulders and back) Bar x15, 95x8x2, 107x5x3. Lateral dumbbell raises and pull downs. Friday (bench press) heavy day Bar x15, 135x10x2, 210x8, 245x5x3. Biceps curls six sets of eight reps.

WEEK 7: Monday (bench press) light day Bar x15, 135x10x2, 210x8x4 sets. Close grips 175x8x4.

Biceps Curls six sets of eight reps. Wednesday (shoulders and back) Bar x15, 100x8x2, 110x5x3. Lateral dumbbell raises and pull downs. Friday (bench press) heavy day Bar 15x, 135x10x2, 215x8, 250x5x3. Biceps curls six sets of eight reps.

WEEK 8: Monday (bench press) light day Bar 15x, 135x10x2, 215x8x4 sets. Close grips 180x8x4. Biceps curls six sets of eight reps. Wednesday (shoulders and back) Bar 15x, 105x8x2, 117x5x3. Lateral dumbbell raises and pull downs. Friday (bench press) heavy day Bar 15x, 135x10x2, 220x8, 255x5x3, Biceps curls six sets of eight reps.

WEEK 9: Monday (bench press) light day Bar 15x, 135x10x2, 220x8x4 sets. Close grips 185x8x4. Biceps curls six

sets of eight reps. Wednesday (shoulders and back) Bar x15, 110x8x2, 120x3x3. Lateral dumbbell raises and pull downs. Friday (bench press) heavy day Bar x15, 135x10x2, 225x8, 260x2x2 (pauses with shirt) 275x2 (pauses with shirt). Biceps curls three sets of six reps.

WEEK 10: Monday (bench press) light day Bar x15, 135x10x2, 185x8, 240x2, 270x1 (pause with shirt), 285x1 (pause with shirt), 290x1 (pause with shirt). No assistance work this week - No shoulders, back, biceps, or close grips. Wednesday (optional bench press day) You may want to rest this day. I generally do a light bench workout on this day. If you bench this day: Bar x15, 135x10x2, 195x8x4. No assistance work.

MEET DAY: Warm-ups - Bar x15, 135x10x2, 185x5, 240x2, 275x1. Attempts: 1st - 285, 2nd - 300, 3rd - 315.

GOOD LUCK. Work hard and STAY DRUG FREE. For any questions concerning this routine, I can be contacted at: Christopher Byrnes, 13 Ritton Street, Sidney, NY 13838, Phone: (607) 563-8610