

There is something about a "big bencher", as compared to a "big deadlifter" or "big squatter" that seems to capture the imaginations of powerlifting audiences everywhere; so much so, in fact, that specializing in just the bench press for exhibitions can actually create sufficient interest among power fans to spawn a legitimate business venture. It seems that everyone wants a "big bench". Not only is it good for one's powerlifting total, but it has become synonymous with the term "powerlifter". How many times have you been asked by the guy on the street what you are capable of benching? Now try to recall the number of times a similar inquiry was made relating to you squat or deadlift? Enough said.

Of the three power lifts, the bench press requires more work, precise timing, and (most importantly) patience, than the others. The reasons are fairly simple. The primary movers of the bench press, the triceps, anterior deltoids, and pectorals, are relatively small when compared to those of the squat and deadlift. Con-

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 Champion. Each month, a different lift is analyzed. For those at 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 starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600 multiply poundages specified by 1.2 (600 divided by 500).

sequently, this lift takes a commensurately longer time to improve. A fifty pound improvement in the bench usually involves much more training time than a similar improvement in the squat or deadlift. This is where patience plays a role.

Whether your goals as a lifter are

to break the 300, 400, 500, or even 600 pound barrier in this particular power movement, I feel strongly that the advice and suggestions contained in this routine will ultimately serve to help you in fulfilling your ambitions as a lifter.

How many times have you walk-

ed into your weight room "cold" and proceeded with your workout? You are probably part of the vast majority who do and you are inviting needless injury as a result. Torn pecs or rotator cuffs are no laughing matter. Warm up first!

For purposes of this routine, we will use a 10 week cycle, training the bench press twice a week on Mondays and Fridays. Keep in mind that this is the one lift that shows the slowest improvement. Remember everything comes to those who are patient and willing to pay the price.

Included along with this routine are several supplemental exercises which are necessary to improve on your bench press. As you will see, they are alternated from week to week to avoid getting stale and for a little variety. These are important to do immediately following the bench press workout.

All supplemental work should be increased 10 pounds per week. Assume a 320 lb capability at your last meet prior to attempting this program.

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Monday 135x10 205x10 225x10x3 205x10	Monday 135x10 215x20 235x10x3 210x10	Monday 135x10 225x5 245x8x3 225x10	Monday 135x10 225x5 255x8x3 230x10	Monday 135x10 235x5 265x5x3 235x10	Monday 135x10 240x5 275x5x3 240x10	Monday 135x10 225x3 245x3 285x3x3 245x8	Monday 135x10 225x3 250x3 295x3x3 250x8
Friday 135x10 205x10 230x10x3 205x10	Friday 135x10 215x10 240x10x3 210x10	Friday 135x10 225x5 250x8x3 225x10	Friday 135x10 225x5 260x8x3 230x10	Friday 135x10 235x5 270x5x3 235x10	Friday 135x10 240x5 280x5x3 240x10	Friday 135x10 225x3 245x3 290x3x3 245x8	Friday 135x10 225x3 250x3 300x3x3 250x8
Incline Bench Press 10x3 Dumbbell Flyes 10x3 Lying Tricep Ext. 10x3 Tricep Push Downs 10x3 Hammer Curls 10x3 Sit-ups 25x4	Incline Bench Press 10x3 Dumbbell Flyes 10x3 Lying Tricep Ext. 10x3 Tricep Push Downs 10x3 Hammer Curls 10x3 Sit-ups 25x4	Incline Bench Press 8x3 Dumbbell Flyes 8x3 Lying Tricep Ext. 8x3 Tricep Push Downs 8x3 Hammer Curls 8x3 Sit-ups 25x5	Incline Bench Press 8x3 Dumbbell Flyes 8x3 Lying Tricep Ext. 8x3 Tricep Push Downs 8x3 Hammer Curls 8x3 Sit-ups 25x5	Incline Bench Press 6x3 Dumbbell Press 6x3 Weighted Dips 6x3 Tricep Push Downs 6x3 Hammer Curls 6x3 Sit-ups 25x6	Incline Bench Press 6x3 Dumbbell Press 6x3 Weighted Dips 6x3 Tricep Push Downs 6x3 Hammer Curls 6x3 Sit-ups 25x6	Incline Bench Press 6x3 Dumbbell Press 6x3 Weighted Dips 6x3 Tricep Pushdowns 6x3 Hammer Curls 6x3 Sit-ups 25x7	Incline Bench Press 6x3 Dumbbell Press 6x3 Weighted Dips 6x3 Tricep Pushdowns 6x3 Hammer Curls 6x3 Sit-ups 25x7



Week 9	Week 10
Monday 135x10 225x3 275x3 305x3x3 255x8	Friday 135x10 225x3 275x3 310x3x3 255x8

The last two weeks of this routine there is absolutely no supplemental work. This allows your synergistic muscles time to rest.

Week 10
Tuesday: 135x10, Pause
reps: 225x3, 275x3, 305x1,
315x1.

Meet Day: Warm Ups
135x10, 225x3, 275x1,
300x1.

Attempts:
1st-300, 2nd-330, 3rd-340.

JIM CASH...has put about 150 pounds on his bench since the 1977 Seniors, where he got a 319 at 181, so he knows how to improve the lift. His courses on each of the 3 lifts are still available: \$8 for one, 2 for \$15, or all 3 lifts for \$21, from Jim Cash, Box 742585, Houston, Texas 77274.