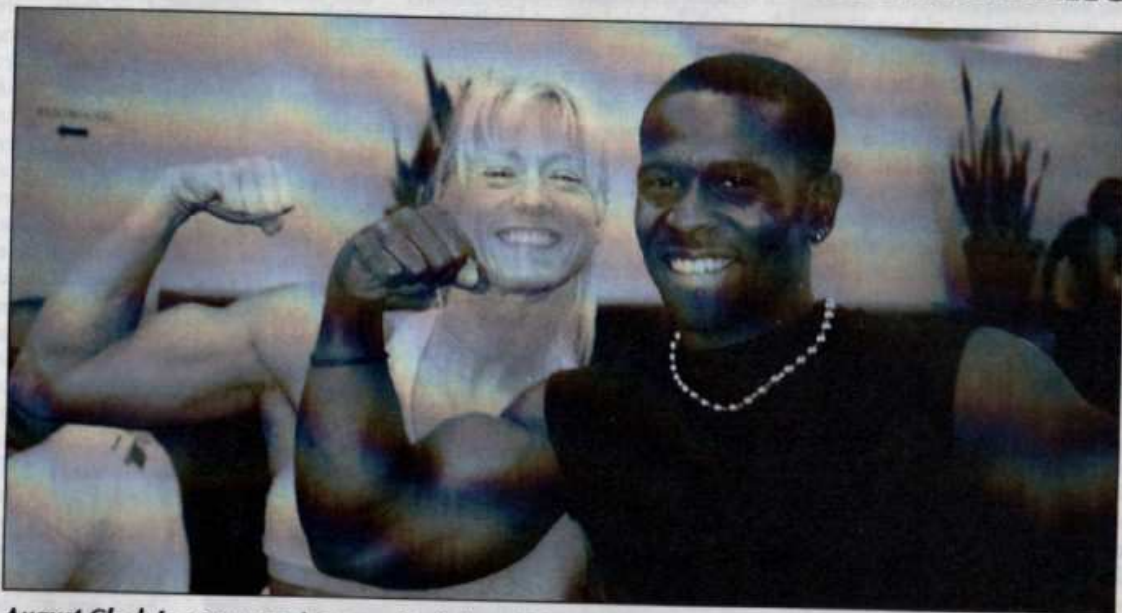


WORKOUT of the Month

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)

WPC World Champ August Clark Bench Press Routine

Hello fellow powerlifters, my name is August Clark, Jr., but all my strength warriors call me "Coco Puff" (5'2" and buff with 18" arms). I'm from a small village in the country called Lonesome Pines, which is between Covington and Abita Springs, LA (about 35 miles north of New Orleans). I've always dreamed of taking my family names, Clark (dad) and Brent (mom) all over the country, maybe the world. That dream just seem to be just that, "A dream." I was basically too short (so they say) to play basketball, football, baseball, and track - every little boy's dream. But I promised my dad that I would make it in some sport and I did, Powerlifting. Before my pops died, December 19, 1999, he did get a chance to see me win two APF National titles, one WPC World title, set a world record in the bench press and win quite a few state and



August Clark Jr. compares biceps with fellow 123'er Nance Avigliano. (photo by Herb Glossbrenner)

local titles. So with the help of God and my mentor/coach Jesse Kellum, I've become one of the best lightweight benchers in the world.

I'm going to present to you a bench press routine that I used to get where I'm at today. This is an eight week cycle, two days a week, one light day and one heavy day. This routine is based on a 300 lb. bench presser and should increase the max to 20 lbs. I trained the bench on Tuesday and Saturday - Tuesday being the light day and Saturday, my heavy day. Form is important to me, so use a full grip and a competition pause throughout the entire cycle. Remember, practice makes perfect. You will need your bench shirt and wrist wraps for last three weeks of heavy day workouts. Assistance exercises varies with me, but I'll give you a few that I believe helped my bench press. On Tuesday, 80% of max will be used for all eight weeks with three different routines. On Saturday, 80% for first four weeks and will be increased 5th - 8th week.

Warmups: 85x10, 135x8, 185x5, 205x1, 225x1. (Use some warmup every training day and contest day.)

Week 1: (Tuesday) 4 sets x 3 reps (240); (Saturday) 5s x 4r (240).

Week 2: (Tuesday) 3s x 4r (240); (Saturday) 5s x 4r (240)

Week 3: (Tuesday) 6s x 2r (240); (Saturday) 6s x 5r (240)

Week 4: (Tuesday) 4s x 3r (240); (Saturday) 7s x 5r (240)

Week 5: (Tuesday) 3s x 4r (240); (Saturday) 5s x 5r (255)

Week 6: (Tuesday) 6s x 2r (240); (Saturday) 4s x 4r (270)

Week 7: (Tuesday) 4s x 3r (240); (Saturday) 3s x 3r (285)

Week 8: (Tuesday) 3s x 4r (240); (Saturday) 2s x 2r (300)

Contest day: 1st - 285; 2nd - 305; 3rd - 320.

Light day assistance: Floor extensions 5s x 8-10 reps. Weighted dips and pull-ups 15-20 reps.

Heavy day assistance: Floor press, board press, rack lockouts. 5s x 3-5 reps. (Heavy) No benching the week of the contest.

Special thanks to my wife, Doretha, my coach Jesse and the Kellum PL Team, my family, Sid Campbell, Walter Mackay, Brian Brown Const., Hugh Lemoines, Skinny Bridges, Northlake Texaco, Mr. Joe (Rug Busters), my friends at World Gym in Covington, LA and PL USA for giving me this opportunity and making a little boy's dream come true. Thanks again and God Bless.

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