

In just four short years, this 22 year old from Huntington, New York has made quite an impression on the powerlifting world, especially in the bench press. On May 2nd, Chris Confessore became the 4th person in the history of Powerlifting to bench press triple bodyweight in a sanctioned meet, with a 542½ weighing 180¼ at the A.P.F. New York State Championships at Metrofit Athletic Club in Pelham Manor, NY. One week later, on May 9th, Chris got another triple bodyweight bench, this time in national competition, a 545 at 181, and won Rick Weil's 1987 APF Junior Nationals in St. Petersburg, Florida with a 640 squat, 545 bench (close 4th attempt at 560), and a 610 deadlift. In the process he beat a strong field of lighthweights, marking himself not only as a premier bencher, but a top three lift competitor in the footsteps of Rick Weil himself.

On Saturday, June 27, at the APF Seniors in Minnesota, Chris attempted again to break Rick Weil's amazing bench press record of 556. He made three excruciatingly close tries with 562 that stalled just short of lockout, but he promises "something special" at this year's YMCA National Championships in Columbus, OH.

Chris' career started in the 148 lb. class and in his first meet, at 18 years of age, he went 305 in the bench and totaled 1250. One year later he hit 350 at the same weight. He soon outgrew the 148s and used the mass his new weight allowed him to bench 460 at 165 at the 1985 Y Nationals in Columbus, Ohio. He came to bench only, but that year he trained all three lifts, and totaled 1560 to qualify for the Ys.

In 1986, he moved up to 181 and entered the New York State Championships, and benched a massive 510. Up to that meet, he did not train his squat and deadlift, concentrating on his bench. Afterwards, Chris started training all three again and in November of 1986 at the Massachusetts Open he totaled 1710, with 610-515-585. 3 weeks later he hit the 1986 YMCAs and came in fifth with 562-523-606-1691 while suffering with the flu. His remarkable 523 bench at the meet, however, put him in the national spotlight.

Chris trains his bench only once a week as he feels recuperation is extremely important. He used to train more often, but his gains slowed. He trains his bench on a 12 week cycle leading to competition, decreasing reps about every 3 weeks and stopping all assistance work after the ninth week. In the past year, he has added an old form of training to his regime, isometrics. Isometrics consists of pushing against an immovable object at maximum effort for a specific amount of time. Chris feels this helps him in his weak position, just short of lockout. Chris sets the pins in a power rack at the

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 a 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).

CHRIS CONFESSORE Bench Press Routine as told by Doug Daniels

point he desires and pushes an empty bar and holds that contraction until exhaustion for three sets. He used to practice that technique at mid-point

too, but that was too much. He doesn't need much work for the bottom position because he feels he can get almost anything off his chest. He

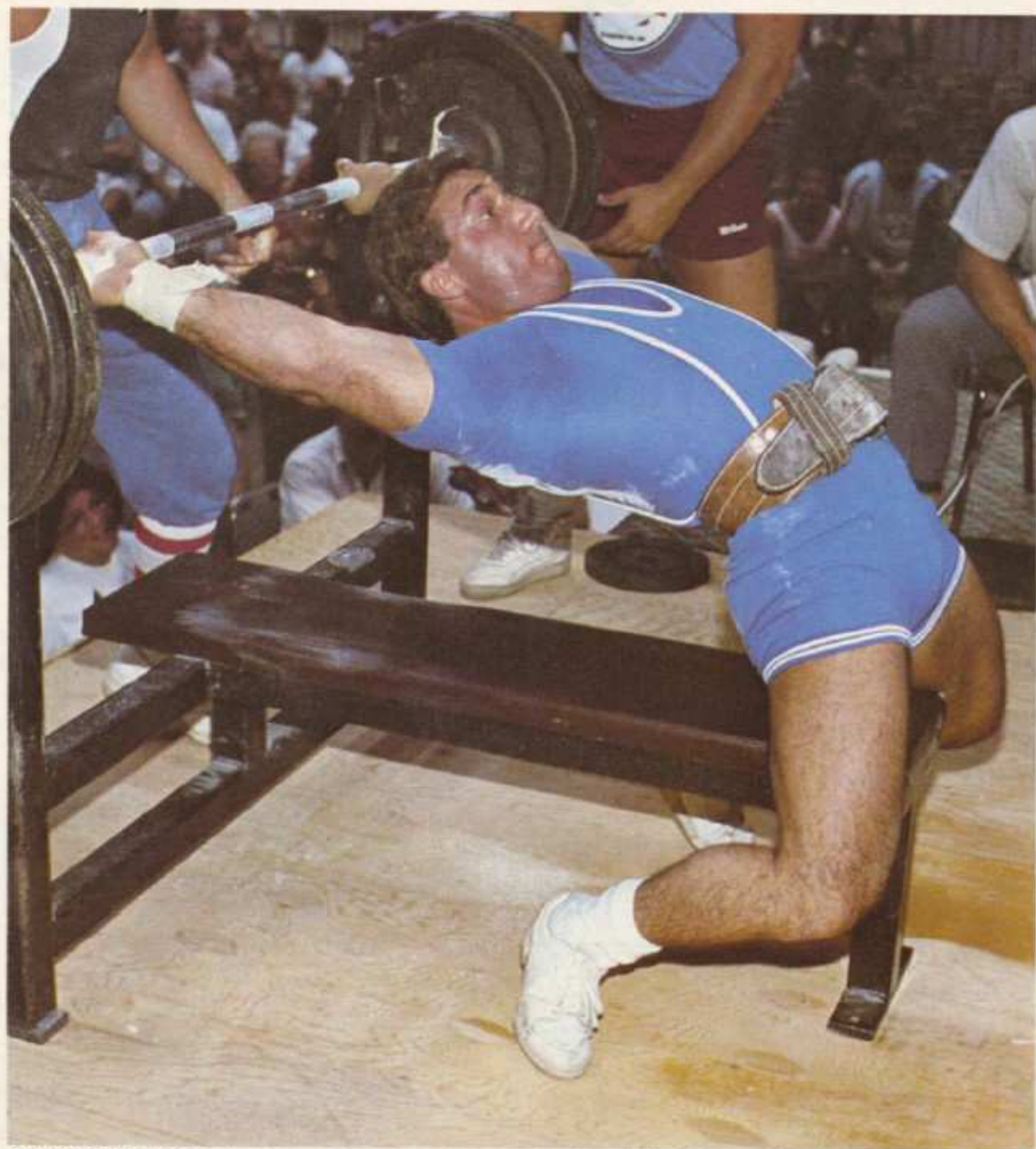
also incorporates a bench shirt in training on the heavy sets of the last few weeks and in competition.

Chris does not train with a pause, because he already lowers the bar to his chest slowly. However, if you are someone that lets the bar come down quickly, it is important to train with a pause for at least the last 6 weeks of the routine.

Chris originally benched with a narrow grip to take advantage of his triceps power, but has slowly been altering his technique and assistance work to widen his grip and get more chest and lats into the lift. His technique includes tightening the lats, staying flat on the bench, digging his feet tightly into the ground, and getting a tremendous drive off his chest through the sticking point.

His off season training consists of benching twice a week, once heavy and once light. He uses bodybuilding exercises to strengthen the smaller muscles involved in the bench and allows the larger muscle groups time to recuperate.

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CHRIS CONFESSORE...stretching out to set up for a try at an incredible 562 pound bench press as a lighthweight.