

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).

This workout is designed for a lifter who has a maximum lift of 400 lbs. coming into the routine. It can be used for a 12-14 week cycle prior to a competition.

Week 1: warmup 135x10, 225x6, 275x10-12 reps for 3 sets.

Week 2: warmup 135x10, 225x6, 275x12-15 reps for 3 sets.

Week 3: warmup 135x10, 225x6, 250x3, 285x10-12 reps for 3 sets.

Week 4: warmup 135x10, 225x6, 250x3, 285x12 for 3 sets.

Week 5: warmup 135x10, 225x6, 250x3, 295x10 for 3 sets.

Week 6: warmup 135x10, 225x6, 250x3, 305x10 for 3 sets.

Week 7: warmup 135x10, 225x6, 250x3, 315x8-10 reps for 3 sets, warmdown 225x10, 135x10.

Week 8: warmup 135x10, 225x6, 250x3, 315x8-10 for 3 sets, warmdown 225x10, 135x10.

Week 9: warmup 135x10, 225x6, 250x3, 335x5 for 3 sets,



Bill Courtney has benched 490 at 165 (Joe Mugovero photo, again)

warmdown 225x10, 135x10.

Week 10: warmup 135x10, 225x6, 250x3, 350x5 for 3 sets, warmdown 225x10, 135x10.

Week 11: warmup 135x10, 225x6, 250x3, 375x3 for 3 sets, warmdown 225x10, 135x10.

Week 12: warmup 135x10,

225x6, 250x3, 400x2 for 2 sets, warmdown 225x10, 135x10.

(Do not apply power shirt until Week 10 to 14. Allow 2 weeks prior to contest rest period)

Week 13: warmup 135x10, 225x6, 250x3, 315x1, easy 405x2 for 2 sets.

Week 14: warmup 135x10, 225x6, 250x3, 315x1, 405x2, 425x1 (head psyche day).

Assistance Work on Bench Day: after flat bench, do incline dumbbells - desired weight for 3 sets of 10 graduating the weight upward week to week. Following that, Pec Deck, elbows up from sides in horizontal position, knuckles out - gripping pad vertically. Desired weight for 3 sets of 10, graduating the weight upward from week to week.

Your bench day should fall on the same day every week (i.e., Mondays). You do not want to become dependent on the power shirt. The shirt is not designed for light workouts - it is for the extra push off your chest to start momentum for lock-out on low rep sets.

BILL COURTNEY
78 HAVERHILL ROAD
AMESBURY, MA 01913