

WORKOUT OF THE MONTH

PAUL DICKS BP WORKOUT as told to *Powerlifting USA* by *Lonnie Keyes*

Paul's training cycle was devised by Joe Walden, Elite at 198 with a 473 bench, and Lonnie Keyes, also Elite at 198 with a 475 bench. "During the off cycle Paul maintains himself in good shape with the ability to bench 500 at any time. Paul uses heavy weights on his assistance work which include incline press, decline press, lat pulldown to front and back, tricep pushdown, and bicep curls during the off cycle and maintenance type weights during the actual cycle.

Paul has declined 420x5, but maintains his strength in this lift during the cycle at around 315x5 for 3 sets. He has inclined 405x5, but maintains at between 250-315x5 for 3 sets. We also use a modified type of close grip bench which has helped a great deal. Instead of holding the hands close together causing the elbows to flair out placing more emphasis on shoulders, we use a shoulder width grip making sure the elbows stay close to the side of the body during descent

and the actual press phase, isolating the triceps. We also use this type grip on the tricep pushdown. Paul has performed five reps with 455 in this manner. Everyone must remember that Paul is a bench press specialist placing very little emphasis on the other two lifts even though he has squatted 500 lbs. in high bar fashion.

Paul's cycle consist of five weeks of touch and go type benching with all other rules enforced and three weeks of pauses, not including the week of the meet which is set aside for openers and rest. Here is the exact cycle that produced a new American and unofficial World Record by 36 lbs. and makes Paul, in our opinion at the Elite Gym, the Number One Bench Presser in the World:

Week 1 - Tuesday: 505x2, 475x5, 455x7; Friday: 515x2, 485x5, 465x7.

Week 2 - Tuesday: 525x2, 495x5, 475x7; Friday: 535x2, 505x5, 485x7.

Week 3 - Tuesday: 545x2, 515x4, 495x6; Friday: 555x2, 525x4, 505x5.

Week 4 - Tuesday: 565x2,

535x4, 515x5; Friday: 575x2, 545x4, 525x5.

Week 5 - Tuesday: 580x2, 555x4, 535x5; Friday: 595x2, 565x3, 545x5.

The previous weeks have been done in touch and go style. Now pauses begin with four weeks left until the competition.

Week 6 - Tuesday: 550x2, 520x4, 500x5; Friday: 560x2, 530x4, 510x5.

Week 7 - Tuesday: 570x2, 540x4, 520x5; Friday: 580x2, 550x3, 530x5.

Week 8 - Tuesday: 590x1, 560x2, 540x3; Friday: 600x1, 570x2, 550x3.

Week 9 (meet week) - Monday: 135x10, 225x8, 315x5, 405x3, 495x2, 550x1, 450x3, 405x5; Saturday: 135, 10, 225x8, 315x5, 405x3, 455x1, 510x1; Opener: 551; 2nd: 601, 3rd: 612.2

In summary: Paul uses the same warm up sequence for all workouts as you find in the last workout. He takes 90 lb. jumps between warm up sets unless advised otherwise".



Paul Dicks burst on the scene like a massively muscular rocket, putting 102 lbs. on his bench press in the mere span of one year, unofficially breaking the existing IPF world record of Mike MacDonald in the 220 lb. class by a stunning 36 lbs. when he made 612.2 in a Georgia meet, immediately earning himself an invitation to the Hawaii World Record Breakers meet back in 1985. After an injury, he departed the sport even more abruptly, but he left one profound, lasting mark in the area of training. Many of the sport's top lifters back then tried and then adopted his technique on close grip presses (described in the workout above, published in March 1985). It was a movement that eventually became known as the "Dicks Press", and one which has built a lot of triceps power and saved a lot of elbows for many years afterwards. (Lambert photograph)