

WORKOUT of the Month

Fellow Powerlifters: My name is ROY FOKKEN. I am from York, PA (Home of York Barbell and Harley Davidson). I am 31 years old and have trained at Unique Physic Fitness Center in York since 1994. When I began my training I wanted to bodybuild. I competed in bodybuilding for about 3 1/2 years. At my first contest I took 2nd, the next four - 1st place. I wasn't concerned with strength until I saw my first powerlifting meet. I saw guys much smaller than me, but much stronger. This made me realize I wanted to be strong and not just big. I started talking to a fellow lifter about training technique and routines. I did some of my own research

also and came up with a good routine. Not long after I started I had an injury, a dislocation of three discs. I thought this was the end of my quest. I couldn't squat or deadlift for some time and this wasn't good. A friend said to me "why don't you do bench meets instead?" OK.... The first meet I weighed in at 148 lb. class and broke a record. I decided to go down to 132 lb. weight class where I thought I would have higher "per pound" numbers. I was right. After competing for two years I broke the All Time World Record of my friend Doug Heath, who helped me train to break this record. My plans are to do a 460 lb. bench weighing 132 lbs. - this I

ROY FOKKEN'S BENCH PRESS ROUTINE



Roy Fokken benches 429 at the Beast of the East

know will happen very soon. I will eventually go back up to a 148 weight class and there put up some big numbers too. I use a training routine coming from several different quality lifters and I have adjusted it to make it my own. This is what works best for me... I train my upper body very hard and I only bench once a week. My Bench days are Monday. I follow up my bench workout with my triceps. So, we have Monday - Chest and Triceps... Tuesday - Off... Wednesday - Back and Biceps... Thursday - Off... Friday - Shoulders and Abs.

This Workout will increase your bench approximately 20-30 lbs. in 10 weeks. This workout is based on

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)

a 300 lb. max. My warmups are always the same and they are... 3 sets of 135 lbs. @ 10 reps, 1 set of 185 lbs. @ 6 reps, 1 s/o 225 lbs. @ 3 reps, 1 s/o 275 lbs. @ 1 rep.

I DO SEVERAL STRETCHING EXERCISES. Remember: Take only Two Minute Rest Periods between sets; Have A Spotter; Drink Water; Warm up properly.

My 10 Week Workout Schedule is as follows...

Week 1 and Week 3: Warm up... 2 minute breaks (very important)... have a spotter. 1 set of 290 lbs. @ 2 reps; 280 @ 3; 270 @ 4; 260 @ 5; 250 @ 6; 240 @ 7; 230 @ 8. Follow this with Triceps... Close Grip Bench; 3 sets (hands and shoulders width) Cable Push Downs or Skull Crushers - 3 s/o whatever you can handle.

Week 2 and Week 4: Warm up... 2 minute breaks (very important)... have spotter. 6 sets of 285 lbs. @ 3 reps. Decline Bench - 6 s/o whatever you can handle. Skull Crushers - Cable Push Downs - 3 s/o each exercise @ whatever you can handle.

Week 5 and Week 7: Warm up

(remember two minute rest between sets) 1 s/o 295 lbs @ 2 reps; 285 @ 2; 275 @ 4; 265 @ 5; 255 @ 6; 245 @ 7; 235 @ 8. Close Grip Bench and Skull Crushers 3 s/o each exercise.

Week 6 and Week 8: 1 s/o 300 @ 2 reps; 5 s/o 285 @ 3 reps. Decline Bench - 3 s/o whatever you can handle. Skull Crushers - Cable Push Downs 3 s/o each exercise (whatever you can handle).

Week 9: Warm up routine - don't forget 2 minute rest between sets. 1 s/o 300 @ 2 reps; 290 @ 3; 280 @ 4; 270 @ 5; 260 @ 6; 250 @ 7; 240 @ 8. Decline Bench - 3 s/o whatever you can handle. Skull Crushers and Cable Push Downs 3 s/o whatever you can handle.

Week 10: This is your week to set a new max. This max should be between 320 to 330 lbs. Don't forget to warm up and stretch.

I would like to thank John Inzer and Inzer Advance Design for providing me with the best gear in Powerlifting. Also and John and Ann of Unique Physic Fitness Center and Doug Heath for his advice and help. I would also like to thank Louis Simmons, Paul Yoder, Steve and Linda Newport and my special thanks to my fiancé, Melissa Emig, for her advice and guidance in Competitive Fitness Nutrition. For more information on training or nutrition contact Roy or Melissa at E-mail ninevahcore@aol.com or 1-717-845-7209. God Bless and Best of Luck,

Roy Fokken