

This routine is based on a last meet, personal best in the bench press of 200 lb. This program should add 15 lb. to your bench press in 8 weeks. The program trains the bench press twice a week and makes use of a thorough warm up. It begins with 4 weeks of higher repetition conditioning work. Pause reps are done starting at week 5, as indicated in the program.

The following assistance exercises should be done after the bench press work out.

1. Very light flies. 2 sets of 10 reps. This is to stretch out the chest muscles only. Use a very light weight and keep the arms wide to get a good stretch. Move slowly.

2. Reverse tricep pushdowns. 3 sets of 8-10 reps. (Face away from the pulley and hold the bar behind your back. Use as heavy weight as you can handle. This exercise also stretches the anterior deltoid.)

3. Lying barbell tricep extension. 3 sets of 8-10 reps. (Bring bar down to forehead, keep elbows up. Use a light weight and strict form, putting total emphasis on triceps.)

Drop all assistance exercises for the last 2 weeks before the contest.

Week 1: Day 1: 90x10, 100x8, 110x6, 120x5, 135x10, 135x10, 135x10, 135x10, 100x10. Day 2: 90x10, 100x8, 120x5, 130x3, 140x10, 140x10, 140x10, 140x10, 105x10.

Week 2: Day 1: 90x10, 100x8, 110x5, 120x4, 135x3, 145x8, 145x8, 145x8, 110x10. Day 2: 90x10, 100x8, 110x6, 125x4, 140x3, 155x8, 155x8, 155x8, 115x10.

Week 3: Day 1: 90x10, 100x8, 120x5, 135x3, 145x2, 160x6, 160x6, 160x6, 125x8. Day 2: 90x10, 100x8, 120x5, 140x3, 155x2, 165x6, 165x6, 165x6, 135x8.

Week 4: Day 1: 90x10, 100x8, 120x5, 135x3, 145x2, 160x2, 175x5, 175x5, 140x8. Day 2: 90x10, 100x8, 125x5, 145x3, 165x1, 180x4, 180x4, 180x4, 145x8.

Week 5: Day 1: 90x10, 110x6, 130x5, 150x2, 170x1, 185x3, 185x3, 185x3, 155x6. Last set pause reps. Day 2: 90x10, 115x6, 135x3, 155x2, 175x1, 190x3, 190x3, 175x3, 155x5. Last 2 sets, do pause reps.

Week 6: Day 1: 90x10, 120x5, 135x3, 155x2, 175x1, 195x2, 195x2, 180x2, 160x5. Last 2 sets, pause reps. Day 2: 90x10, 120x5, 140x3, 160x2, 180x1, 200x1, 185x2, 165x4. Last 2 sets pause reps.

Week 7: Day 1: 90x10, 125x5, 145x3, 165x2, 185x1, 200x2, 185x3, 165x5. Last 2 sets pause reps. Day 2: 90x10, 125x5, 145x3, 165x2, 185x1, 205x2, 190x2, 170x5. Last 2 sets pause reps.

Week 8: Day 1: 90x10, 125x5, 150x3, 170x2, 190x1, 205x1, 195x2, 180x3. Last 2 sets pause reps.

Contest Day (4 to 5 days since last workout.) 90x10, 120x5, 140x3, 160x2, 180x1. 1st attempt: 195, 2nd attempt: 205, 3rd attempt: 215.

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 at 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)

The Bev Francis BENCH PRESS ROUTINE

One of the most successful powerlifters of all time and the official I.P.F. world record holder in the Bench Press at 165 and 181 offers her own training recommendations



CHARGE!...when Bev Francis goes for a big bench, as at the Women's World Championships in Adelaide, Australia, where she helped her teammates to team victory over the United States, it is with tremendous intensity.