

WORKOUT of the Month

The FIRST WOMAN to Bench Press 400 Pounds!!! Tamara Rainwater-Grimwood BENCH PRESS ROUTINE

Hello! My name is Tamara Rainwater-Grimwood. I am the current WPC World Champion. I also hold the world record for the bench press, 402 lbs.! In this segment of the "Workout of the Month" we will concentrate on the most recognized of all the lifts, the bench press.

For all practical purposes, let's assume that you are an average

lifter with a 300 lb. max. You will be training for an upcoming meet about twelve weeks out.

You could train instinctively and hope for the best or you could evaluate your training beforehand and assemble a plan of attack, so to speak. Let's assume you choose the latter.

We will base this plan or "cycle" on a ten week program. Here is a routine that may prove very beneficial. Let's get started!

This program does not assume the benefit of a bench shirt! If you will be competing with a shirt, consider how much more weight your shirt will give you and simply add the difference to those sets you are wearing the shirt for.

Current Max 300 Projected Goal 330

Week 1 - Monday: Bench Press (60% of current max)*, 135x5x3 (rest 2-3 minutes), 180x5x3. Seated D.B. Shoulder Press, 40x8x1 (rest 2-3 minutes), 45x8x1, 50x8x1. Flat D.B. Presses 60x8x3 (rest 2-3 minutes). Flat D.B. Flyes (for stretch) 25x8x3 (rest 1 minute). Close Grip Bench 135x8x3 (rest 2 minutes). Tricep Pushdowns 60x10x1 (rest 1 minute), 70x10x1, 80x10x1. Remember, this is your light-moderate day! Train your muscle, not your ego! Save that for later!

Week 2 - Monday: Bench Press (heavy)

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)



May 29, 1994 was the history-making day Tamara, above with husband/coach Terry, broke the 400 lb. barrier in the bench press.

135x5x2, 185x3x1, 225x3x1, 265x3x3 (80% of 330 lbs.). Seated D.B. Shoulder Press 50x8x1, 60x8x1, 70x8x1. Flat D.B. Press 70x5x1, 80x5x1, 90x5x1. Flat D.B. Flyes 25x8x1, 30x8x1, 35x8x1. Dips (bodyweight) B.W. x failure x 3. Hammer Curls 30x8x1, 35x8x1, 40x8x1.

Week 3 - Monday: (same as Week 1)

Week 4 - Monday: Bench Press (heavy) 135x5x2, 185x3x1, 225x3x1, 280x2x3 (85% of 330 lbs.). Continue the rest of the workout the same as Week 2.

Week 5 - Monday (same as Week 1)

Week 6 - Monday: Bench Press (heavy) 135x5x2, 185x3x1, 225x3x1, 275x1x1, 300x2x3 (90% of 330 lbs.) Continue the rest of your workout the same as Week 2.

Week 7 - Monday (same as Week 1)

Week 8 - Monday: Bench Press (heavy) 135x5x2, 185x3x1, 225x3x1, 275x1x1, 315x2x2 (95% of 330 lbs.) Continue the rest of your workout the same as Week 2.

Week 9 - Monday: Bench Press

(week before meet) 135x5x2, 185x3x2, 225x3x1. Tricep Pushdowns 60x10x1, 70x10x3. Hammer Curls 30x8x1, 35x8x1.

Week 10 - Meet Day: 135x5x2, 185x3x1, 225x1x1, 260x1x1, 300 (1st attempt), 330 (2nd attempt), Open (3rd attempt).

This cycle is based on the alternating week principle, incorporating some of my favorite assistance work. Remember that proper rest and a well balanced diet are very important throughout your training cycle. Take your time and write out every workout. Don't skip ahead! This will only cause you to overtrain. If you have a workout partner, all the better. If you do not, remember to get a spot when you need it. Stay focused and confident! If you believe in yourself this much, you may exceed all expectations! Good luck and good lifting!!

Personalized training programs are available by writing "Rainwater-Grimwood Underground Training", 717 Market Street, Suite 399, Lemoyne, PA 17043. \$25.00/program. Indicate: Squat, Bench or Deadlift.