

# TRAINING

## BRAD HECK - TRAINING CLOSE-GRIP BENCH THE 'BIG IRON GYM' WAY

as told to PL USA by Becca Swanson



181 lb. Brad Heck of Big Iron Gym benching 705 lbs in the gym.

First things first, Big Iron Gym does not max out raw on any lift. After warm-up raw, we increase our last set every week, to improve raw strength, but we never max out raw. Using a shirt is a completely different than raw. We don't compete raw, we compete with bench shirts. Therefore, we train in bench shirts.

Too many lifters are making the mistake of training *only* raw. They expect to throw a double ply shirt on and be able to handle 200-300 extra lbs. Big Iron technique says you should shirt up about 10 weeks prior to your meet.

Triceps close-grip bench work is done 3 days after regular bench press day. Coach Rick Hussey has his lifters use bands from top, de-loading the weight during descent. We don't believe in bands from bottom because it doesn't promote your correct bench "groove" or path of motion. Bands from top lets you stay in the same groove as on your regular bench.

Coach Hussey has us start with black bands. Load the bar with weight first, and then put the bands on. Warm-up raw then put your shirt on before you feel anything close to max effort. You should make a 90 lb. jump when you shirt up, until your

last two heavy work sets, then increase the weight as needed. At Big Iron, our goal is to close grip bench 250 lbs. over what our bench press currently is. Using black bands and doing doubles. Once we get to close to our heavy set if the strength is not there, we will add a blue band and do a set to work on speed. Then add 90 lbs. and the green bands, again working on speed.

Coach Hussey has us train triceps close-grip bench heavier and heavier until 5 weeks from the meet. At this time the regular bench day will be so heavy, we will stop increasing the weight on close-grips and just try to move the weight faster.

Short arm guys will work off of a 3-board. Longer arm guys will work off a 4-board.

Hand grip is one hand length in from a normal bench grip. So, when training triceps close-grip bench your pinky finger will be where your index finger is on regular bench.

Here is an example of my last triceps close-grip workout, 8-weeks from Nationals:

445 x 3 black bands to chest, no shirt;

535 x 2 black bands to chest, no shirt;

645 x 2 black bands to 3-board, no shirt;



Rick Hussey's delicate coaching technique

735 x 2 black bands to 3-board, Inzer Double Rage X;

825 x 2 black bands to 3-board, Inzer Double Rage X;

915 x 2 black bands to 3-board, Inzer Double Rage X;

985 x 2 black bands to 3-board, Inzer Double Rage X;

1005 x 2 black bands to 3-board, Inzer Double Rage X;

1005 x 2 black and blue bands to 3-board, Inzer Double Rage X.

To illustrate this workout and more, Coach Hussey will be releasing an instructional Triceps Workout DVD. This will walk you step-by-step, weight-by-weight, band-by-band how to get to a meet. Check [www.bigirongym.com](http://www.bigirongym.com) for details.

Coming soon, an article about touch lighter weight to your chest, even when you think your shirt is too tight.