

This is an 8 week bench press routine designed for the beginning to intermediate lifter who is capable of pressing 250 pounds for a single at the beginning of the cycle. The goal of the routine is to increase the bench press 25 to 30 pounds during the cycle. I realize every lifter's body won't respond the same way, but in my mind a 15 to 20 pound increase from this routine should be considered good progress. Train with a good partner and try to use good lifting form when performing the exercises.

For the first couple of weeks you should bench press three days a week to build a good foundation using the touch and go method (but no bouncing). Take time to warmup properly before each workout to avoid injury. In the latter weeks of the routine, one day is used for a heavy day, while the other day is used for pause reps only.

Assistance exercises are very important for this routine. When doing the assistance exercises, add a rep or two for each set during the first 3 weeks. Then for the remaining weeks, add more weight and reduce the number of reps down to 5 or 6. Also, add 1 additional set to the assistance exercises.

Good luck with your training. Please send questions or comments to: Freddie Higgins, 1010 W. Russell, Peoria, IL 61606.

Week 1: Monday: Warmup: 135x6, 165x5, 190x3, 215x3, 200x2, 200x1. Incline Bench Press: 3 sets of 10 reps (maximum weight possible for 10 reps). Dips: (bodyweight only) 3 sets of 12 reps or as many reps as possible. Tricep Cable pushdowns: 3x10 (maximum weight possible). Chinups: (use the same grip as the bench press) for 3x10 or done to exhaustion. EZ Bar Curls: (done standing) for 3x10 (medium weight).

Wednesday: (same as Monday)
Friday: Warmup: 135x6, 165x5, 195x3, 220x3, 205x2, 205x2. Incline Bench Press: 3x10 (maximum weight possible for 10 reps). Dips (bodywt. only) 3x12 reps or as many as possible. Tricep Cable Pushdowns: 3x10 (max wt. possible). Chinups: (same grip as the bench) 3x10 reps or done to exhaustion. EZ Bar Curls: (done standing) for 3x10 reps (medium wt.).

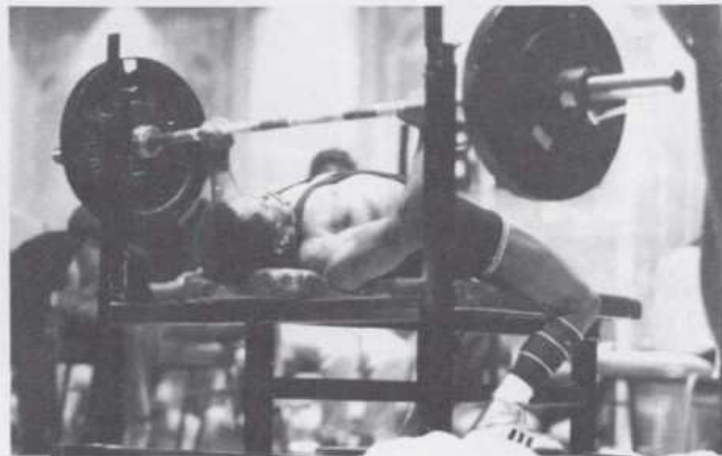
Week 2: Monday: Warmup: 135x6, 165x5, 200x3, 225x2, 215x1. Incline Bench Press: 3x10 (max. wt. possible for 10 reps). Dips (bodywt. only) 3x12 reps or as many as possible. Tricep Cable Pushdowns: 3x10 (max wt. possible). Chinups: (same as the bench) for 3x10 reps or done to exhaustion. EZ Bar Curls: (done standing) for 3x10 reps (medium wt.).

Wednesday: (same as Monday)
Friday: Warmup: 135x6, 165x5, 205x3, 230x2, 220x1. Incline Bench Press: 3x10 (max. wt. possible for 10 reps). Dips: (bodywt. only) 3x12 reps or as many as possible. Tricep Cable Pushdowns: 3x10 (max. wt. possible). Chinups (same grip as the bench) for 3x10 reps or done to exhaustion. EZ Bar Curls: (done standing) for 3x10 reps (medium wt.).

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 program, laid out for you by a Powerlifting Champion. Each month, a different lift is analyzed. For those at different strength levels than the starting poundage indicated, simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and the starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600, multiply poundages by 1.2 (600 divided by 500).

Fred Higgins Bench Routine



Freddie Higgins, has been one of the top ranked benchers in his weight class for years, as well as winning the Jr. Nationals and ADFPA Nationals.

Week 3: Monday: Warmup: 135x6, 165x5, 210x3, 235x2, 225x1. Incline Bench Press: 3x10 (max. wt.). Dips (bodywt.) 3x12 reps or as many as possible. Tricep Cable Pushdowns: 3x10 (max. wt.). Chinups: (same grip as bench) for 3x10 reps or done to exhaustion. EZ Bar Curls: (done standing) for 3x10 reps (max. wt. possible).

Thursday: Warmup: 135x6, 165x5, 215x3, 240x1, 230x1. Incline Bench Press: 3x10 (max. wt.). Dips: (bodyweight only) 3x12 reps or as many reps as possible. Tricep Cable Pushdowns: 3x10 (max. wt. possible). Chinups: (use the same grip as the bench) for 3x10 reps or done to exhaustion. EZ Bar Curls: (done standing) for 3x10 reps (max. wt.).

Week 4: Monday: Warmup: 135x6, 165x5, 220x3, 245x1, 235x1. Incline Bench Press: 4x5 (add weight if possible). Dips: (bodyweight) 3x20 or as many as possible. Tricep Cable Pushdowns: 4x5 (add weight if possible). Chinups: (same grip as the bench) for 3x20 reps or done to exhaustion. EZ Bar Curls: (done standing) for 3x10 (max. wt. possible).

Week 5: Monday: Warmup: 135x6, 175x5, 225x1, 250x1, 265x1. Incline Bench Press: 4x5 (add wt. if possible). Dips: (bodyweight) 3x20 or as many as possible. Tricep Cable Pushdowns: 4x5 (add wt. if possible). Chinups: (same grip as the bench) for 3x20 reps or done to exhaustion. EZ Bar Curls: (done standing) for 3x10 reps (max. wt. possible).

Thursday: Warmup (pause reps on the bench after warmup set): 135x6, 175x3, 200x1, 215x1, 225x1. In-

cline Bench Press: 4x5 (add wt. if possible). Dips: (bodywt.) 3x20 reps or as many as possible. Tricep Cable Pushdowns: 4x5 (add wt. if possible). Chinups: (same grip as the bench) for 3x20 reps or done to exhaustion. EZ Bar Curls: (done standing) for 3x10 reps (max. wt. possible).

Week 6: Monday: Warmup: 135x6, 175x5, 225x1, 250x1, 270x1. Incline Bench Press: 4x5 (add wt. if possible). Dips: (bodywt.) 3x20 reps or as many as possible. Tricep Cable Pushdowns: 4x5 (add wt. if possible). Chinups: (same grip as the bench) for 3x20 reps or done to exhaustion. EZ Bar Curls: (done standing) for 3x10 reps (max. wt. possible).

Thursday: Warmup (pause reps every Thursday for the rest of the routine): 135x6, 180x3, 205x1, 220x1, 230x1. (Keep the same assistance work).

Week 7: Monday: Warmup: 135x6, 180x3, 230x1, 255x1, 275x1. (Keep the same assistance work).

Thursday: Warmup (pause reps on bench): 135x6, 180x3, 225x1, 250x1, 260x1. (Keep the same assistance work).

Week 8: (Contest Week) Monday: Warmup: 135x6, 180x3, 230x1, 255x1, 255x1. (Keep the same assistance work).

Saturday: (Contest Day): Warmup: 135x6, 180x3. From this point, pick your attempts by the way you feel. They should reflect your last pause rep workout with the assumption that your lifts will be heavier in the meet. Do 225x2, 1st attempt 255, 2nd attempt 270, 3rd attempt 280 or 285.

GOOD LIFTING!