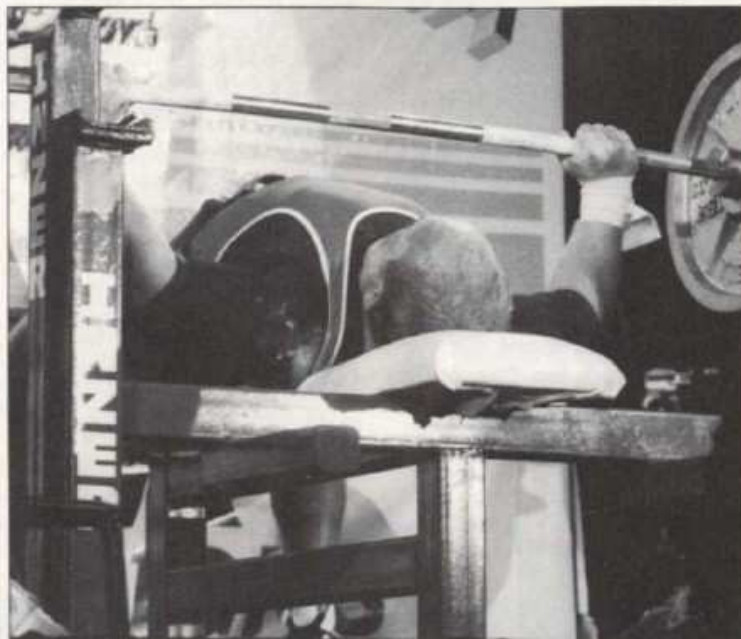


WORKOUT of the Month

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 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).

Jesse Kellum Bench Press



Back in 1985, Jesse Kellum won the Junior Nationals with a 358 bench as a lightweight, now, he has improved to 627 as a light 220 pounder at the USPF Region VI Championships (see results at right)

This is the exact routine I used when I benched 627 at 215 lb. bodyweight. It is a 10 week peaking cycle based on a 500 lb. max in the bench press. If you're going to start this routine on a Monday, then you need to get a max on the bench press with and without the shirt on the previous Monday. Don't base the cycle on something you benched four months prior. You also need to get a max in the incline press, seated military press, and the lying tricep extension. When you have gotten all of the maxes, then add 25 lbs. to all of the lifts and this will give you a projected max for each lift. I am a firm believer in peaking on the assistance exercises as well as the bench press. I'm sure this won't work for everyone, but it definitely works for me. I also incorporate lots of singles in my peaking cycles. I try to hit at least five workouts of singles during my cycles - this allows me to adjust my groove on the bench while wearing a bench shirt and also allows my body to get used to

handling heavy weights.

All bench press reps should be done with a pause. When performing rack benches, you start six inches above your chest and pause for three seconds on each rep. Always wear the shirt when doing rack benches. When performing seated military press, do not use a back support because people tend to cheat and turn it into an incline press. Lying tricep extensions should be done lying on the ground instead of on a bench. You want to bring the bar behind your head and rest it on the ground for three seconds between each rep.

EXAMPLE OF 10 WEEK PEAKING CYCLE GOALS (Based on a 500 lb. max) Your present max (one week before you start)/Projected max: Bench press with shirt - 500/525; Bench press without shirt - 470/495; Incline press - 400/425; Seated military press - 250/275; Lying tricep extension - 180/205

Warmup for bench press - 135

x 10, 225 x 10, 315 x 1. Warmup for incline - 135 X 10, 225 X 10, 275 X 1. Warmup for seated military press - 135 x 10, 225 x 1. Warmup for lying tricep extensions - 70 x 10, 105 x 10.

WEEK 1 - Monday - Bench Press 405x3, 465x3x1 (with shirt), Rack Benches 445x3, 460x3, 475x1, Bench Press 225x10-15 (no shirt), Lying Triceps Extensions 155x5x8; Thursday - Incline 320x5x8, Seated Press 275x5x8, Bicep Curls 4x10-15.

WEEK 2 - Monday - Bench Press 370x5x8 (no shirt), Lying Tricep Extensions 155x5x8; Thursday - Incline 320x5x8, Seated Press 275x5x8, Curls 4x10-15.

WEEK 3 - Monday - Bench Press 410x3, 475x3x1 (with shirt), Rack Benches (all pauses) 455x3, 470x2, 485x1, Bench Press (no shirt) 225x10-15, Lying Triceps Extensions 165x5x8; Thursday - Incline 340x5x8, Military Press 220x5x8, Curls 4x10-15.

WEEK 4 - Monday - Bench Press (no shirt) 395x5x8, Lying Triceps Extensions 165x5x8; Thursday - Incline 340x5x8, Military Press 220x5x8, Curls 4x10-15.

WEEK 5 - Monday - Bench Press 415x3, 485x3x1 (with shirt/pause), Rack Benches (pause) 465x3, 480x2, 495x1, Bench Press (no shirt) 225x10-15, Lying Triceps Extensions 175x4x5; Thursday - Incline 360x4x5, Military Press 235x4x5, Curls 4x10-15.

WEEK 6 - Monday - Bench Press (no shirt) 420x4x5, Lying Triceps Extensions 175x4x5; Thursday - Incline 360x4x5, Military Press 235x4x5, Curls 4x10-15.

WEEK 7 - Monday - Bench Press 420x3, 495x3x1 (shirt & pause), Rack Benches (pause) 475x3, 490x2, 505x1, Bench Press (no shirt) 225x10-15, Lying Tricep Extensions 185x3x3; Thursday - Incline 380x3x3, Military Press 250x3x3, Curls 4x10-15.

WEEK 8 - Monday - Bench Press (no shirt) 445x3x3, Lying Tricep Extensions 185x3x3; Thursday - Incline 380x3x3, Military Press 250x3x3, Curls 4x10-15.

WEEK 9 - Monday - Bench Press 425x3, 505x3x1 (shirt & pause), Rack Benches (pause) 485x3, 500x2, 515x1, Bench Press (no shirt) 225x10-15, Lying Tricep Extensions 155x3, 185x1, 195x1, 205x1; Thursday - Incline 320x3, 390x1, 410x1, 425x1, Military Press 205x3, 250x1, 265x1, 275x1.

WEEK 10 - Monday - Bench Press (no shirt) 225x10, 275x3x5; Thursday - no workout

MEET DAY - 1st - 490, 2nd - 515, 3rd - 525