

WORKOUT of the Month

The following bench workout will be different from any you have seen before. This workout will incorporate the stretch shortening cycle (elastic muscle energy), faster and greater muscle recruitment, golgi tendon set back, recuperation stretching, eccentrics, ultimate muscle pump and a psychological advantage.

WEIGHT RELEASE (pat# 4856774) is the reason this unique workout incorporates so many aspects of power. **WEIGHT RELEASE** is a plyometric device and also a spotters aid. When adjusted for plyometrics it enables a lifter to lower a heavy weight (eccentric phase) and then instantly have weight disengage from the bar. This causes the lifter to explosively push the remaining weight to completion. The spotters aid setting will be discussed later.

Let's plan for a meet in 9 weeks and since our model lifter hit 450 at his last meet, a realistic goal for the next contest would be 460-470. He will bench heavy once per week and stretch on his light lay. A cambered bar will be used for stretching the pecs, delts, and triceps. Load the cambered bar to 30% of your contest max. Take your usual grip and

WEIGHT RELEASES BENCH PRESS ROUTINE

as told to PL USA by Inventor Bob Kowalczyk

slowly lower the bar to your chest, count to 25, then slowly push the bar back up. Do this for three sets of three reps. Move your grip in three inches and repeat. Move your grip three inches and repeat once again. Remember to go slow, the purpose is to help recuperation and prevent injury. Now for the heavy day:

WEEK 1: WARM UP 1x8 135 (30%), 1x5 225 (50%), 1x5 275 (61%), 1x10 315 (70%), 470 eccentric x 1 (104%) x 3 (use weight release for 370 concentric x 1 (82%) - (3 sets). The lifter lowers 470, weight release is loaded and adjusted so 100 lbs. disengages the instant the bar touches his chest. He explosively rams 370 to arms length. 1x5 315 (70%) Semi narrow grip (shoulder width) for delts and triceps.

285 x ? (63%)(15-20) - 225 x ? (50%) (3-5). This is the ultimate pump set which requires weight

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).

release. Readjust weight release from plyometric to spotter aid setting. Now the lifter can do reps with weight release attached. He goes to failure with 285, disengages each loaded weight release and then goes to failure with 225. Assist work will consist of 2x5 military press and 2x5 tricep pushdowns.

WEEK 2: SAME WARM UP: then 1x10 325 (72%), 470 eccentric (104%) for 3 sets - 380 concentric (85%), 1x5 semi-narrow 325 (72%), Pump set: 290 (64%) x ? x 1 - 230 (51%) x ?. Assistance work - same as Week 1.

WEEK 3: SAME WARM UP: Then 1x10 335 (74%), 470 (104%) eccentric x 1 x 3 - 390 (87%) concentric x 1, semi-narrow 1x10 335 (74%), Pump set: 295 (66%) x ? x 1 - 235 (52%) x ?. Assistance work - same as Week 1.

WEEK 4: SAME WARM UP: Then 1x10 345 (77%), 470 (104%) eccentric x 1 x 3 - 400 (89%)

concentric x 1, semi-narrow 1x5 345 (77%), Pump set: 300 (67%) x ? x 1 - 240 (53%) x ?. Assistance work - same as Week 1.

WEEK 5: SAME WARM UP: Then 1x10 350 (78%), 470 (104%) eccentric x 1 x 3 - 410 (91%) concentric x 1. Semi-narrow 1x5 350 (78%), NO Pump set or assistance work.

WEEK 6: SAME WARM UP: Then 1x10 355 (79%), 470 (104%) eccentric x 1 x 3 - 415 (92%) concentric x 1, semi-narrow 1x5 355 (79%)

WEEK 7: SAME WARM UP: Then 1x10 360 (80%), 470 (104%) eccentric x 1 x 2 - 420 (93%) concentric x 1, put the bench shirt on for 1x1 420 pause, 1x1 430 pause.

WEEK 8: SAME WARM UP: Then 1x10 365 (81%), 470 (104%) eccentric x 1 x 2 - 425 (94%) concentric x 1, put bench press shirt on for 1x1 425 pause, 1x1 435 pause.

Contest: open 435, 2nd 455 (new max), third 460-470 depends on how second attempt felt.

There you have it, plyometrics, eccentrics, ultimate muscle pump, greater muscle recruitment from explosive reps, golgi tendon set

back from heavy eccentrics and the mental advantage. You lowered future max for 8 weeks and progressively increased the concentric phase, but never failed to finish the rep.

Many years ago I heard "You must be strong enough to lower it before you can do the weight". The saying is still true but **WEIGHT RELEASE** adds another dimension. Your ego is still intact after the bar touches your chest!!

All questions will be gladly answered: Bob Kowalczyk (former AD-FPA American Bench Press Record Holder), Power Recruit Inc., Manufacturer of the "Weight Release", Route 1 Box 122C, Houtzdale, Pennsylvania 16651, (814) 378-7108.



Bob Kowalczyk demonstrating how the "Weight Release" mechanism is used. Bob has 20 in. arms and a 51" chest.