

WORKOUT of the Month

My bench press training was influenced by Jim Williams and Pat Casey. I use the word "influenced" because I am not the same as Jim Williams or Pat Casey. Accepting their routines as the last word and never thinking or innovating for myself would have eventually lead to a halt in progress. These two men have obviously perfected routines that worked best for them. You will do well by seeking all the advice you can from champions; then put it together with a knowledge of yourself and make a routine that is right for you.

The following program is designed for the intermediate lifter. It is based on a 300 pound bench press. I have not taken bodyweight into consideration, but a 165 pounder might get 310-320. In my mind, a 15 lb. increase from this routine should be considered good progress, but 15-30 is the range depending on bodyweight, experience, and effort put into the workout. Regardless of bodyweight the key to this program is the worksets. You must really work hard and add weight whenever possible.

One very important rule is do not sacrifice good form in order to handle more weight. All you will do is develop bad lifting habits which will be very difficult to break. A good guideline for adding weight is when you have completed two consecutive workouts.

This is a sixteen week program divided into two eight week sections. The Bench Press Workout is to be done twice per week. I advocate training the way you compete. This means all reps should be done with pauses.

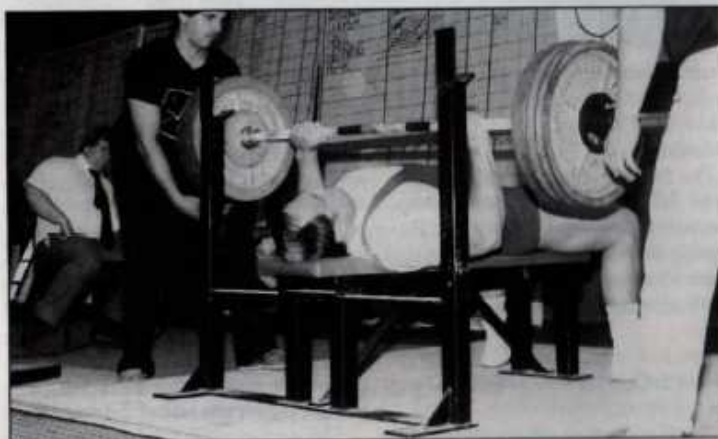
For the first eight weeks, do the same bench press workout both days of the week. The second eight weeks will have a different routine for each day.

8 WEEK BUILD-UP ROUTINE

WEEK 1

Bench Press - 135x10, 175x8, 6 reps with 215, 235, 245, 255x2
Dumbbell Flies 3x10
Close Grip Bench Press

John Kuc's Bench Press Routine



John Kuc was one of the greatest lifters in Powerlifting history. He won it all at the IPF level, at differing bodyweights, and then came back to win virtually everything in sight under the ADFPA banner.

185x10, 205x6x3
Tricep Extension 3x8
Pushdowns 3x10
E-Z Curl 4x8
Dumbbell Curls 4x8

WEEK 2 & 3

Bench Press 135x10, 175x8 6 reps with: 220, 240, 250, 260x2, 220x8
Dumbbell Flies 3x10
Close Grip Bench Press 185x10, 210x6x3
Tricep Extension 3x8
Pushdowns 3x10
E-Z Curl 4x8
Dumbbell Curls 4x8

WEEK 4

Bench Press 135x10, 185x8, 6 reps with: 225, 245, 255, 265x2, 220x8
Dumbbell Flies 3x10
Close Grip Bench Press 185x10, 215x6x3
Tricep Extension 3x8
Pushdowns 3x10
E-Z Curl 4x8
Dumbbell Curls 4x8

WEEK 5, 6 & 7

Bench Press 135x10, 185x8, 6 reps with: 230, 250, 260, 270x2, 230x8
Dumbbell Flies 3x10
Close Grip Bench Press 185x10, 220x6x3
Tricep Extension 3x8
Pushdowns 3x10
E-Z Curl 4x8
Dumbbell Curls 4x8

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)

WEEK 8

Bench Press 135x10, 185x6, 6 reps with 235, 255, 265, 275x2, 230x8
Dumbbell Flies 3x10
Close Grip Bench Press

185x10, 225x6x3
Tricep Extension 3x8
Pushdowns 3x10
E-Z Curl 4x8
Dumbbell Curls 4x8

The second eight weeks will concentrate more on the Bench Press. The reps will be lower and the bodybuilding will decrease. The first and second bench press training day will have a different amount of reps.

WEEK 9

1st Day Bench Press 135x10, 175x6, 215x6, 3 reps with: 245, 265, 275x2, 245x6
Tricep Extension 3x8
Pushdowns 3x8
E-Z Curl 3x8
Dumbbell Curls 3x8
2nd Day Bench Press 135x10, 175x8, 215x6, 245x3, 2 reps with: 275, 285, 285x2, 260x4
Same Bodybuilding as 1st day.

WEEK 10

1st Day Bench Press 135x10, 175x8, 215x6, 3 reps with: 250, 270, 280x2, 245x6
Tricep Extensions 3x8
Pushdowns 3x8

E-Z Bar Curls 3x8
Dumbbell Curls 3x8
2nd Day Bench Press.... 135x10, 175x8, 215x6, 250x3. 2 reps with: 280, 290, 290x2, 265x4
Same Bodybuilding as first day.

WEEK 11 & 12

1st Day Bench Press 135x10, 175x8, 220x6, 3 reps with: 255, 275, 285x2, 250x6
Tricep Extension 3x8
Pushdowns 3x8
E-Z Curls 3x8
Dumbbell Curls 3x8
2nd Day Bench Press 135x10, 175x8, 220x6, 255x3, 2 reps with: 285, 295x3 270x4
Same Bodybuilding as first day.

WEEK 13

1st Day Bench Press 135x10, 175x8, 220x6, 3 reps with: 255, 275, 290, 285, 250x6
Pushdowns 4x8
Dumbbell Curls 4x8
2nd Day Bench Press 135x10, 175x8, 220x6, 255x3, 2 reps with: 285, 300, 295x2, 270x4
Same Bodybuilding as first day.

WEEK 14

1st Day Bench Press 135x10, 175x8, 220x6, 255x3 1 rep with: 290, 300, 310, 280x3
2nd Day Bench Press 135x10, 175x8, 220x6, 255x3 1 rep with: 290, 305, 310, 280x3

WEEK 15

1st Day Bench Press 135x10, 175x8, 220x6, 255x3, 1 rep with: 290, 305, 315 285x3
2nd Day Bench Press 135x10, 175x8, 220x6, 255x3, 1 rep with: 290, 305, 3 rep with: 285, 285

WEEK 16 Contest on Saturday. Tuesday of that week: Bench Press 135x10, 175x8, 220x4, 255x2, 1 rep with: 290, 305. At the contest, your attempts in the bench should range something like 280-285, 300-310, 320-330, depending on the progress you've made in the routine.

The weights will have to be adjusted for individual needs. Regardless of weights used, strive to complete all sets in every workout. If you can do this you will make progress.