

WORKOUT OF THE MONTH

SCOTT LADE'S BENCH PRESS WORKOUT

This training cycle will be 12 weeks long and will consist of three waves of 4 week work cycles. I will plug in numbers that accommodate a 500# bench press without a bench press shirt.

I train bench press on Monday and Thursday. My training style is strongly influenced by Westside Barbell and I would like to thank Louie Simmons for all of his insight on training methods. I train max effort work on Mondays and this article will focus on that day.

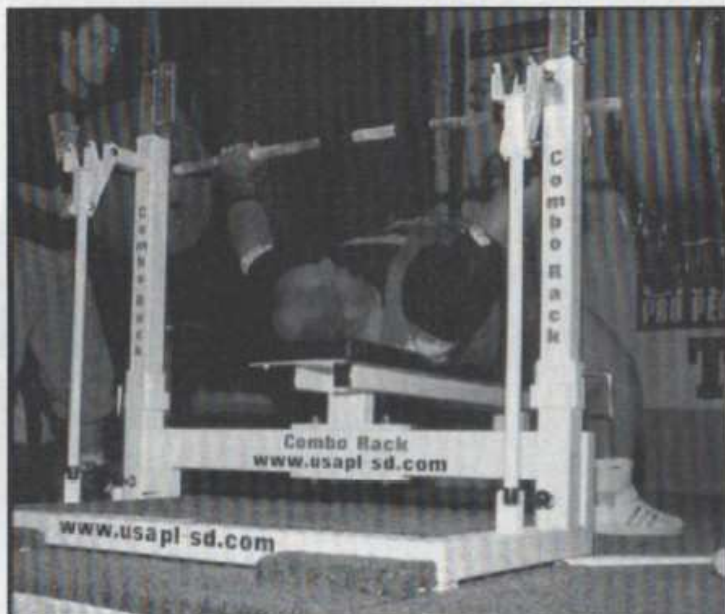
Weeks 1, 5, and 9 - Bench press with the bar suspended in bands. I use heavy (blue) bands and suspend the bar from the top of the rack so an empty bar floats about 1 to 2 inches above lockout. I do work sets of 5, 5, 3, 3, and 1 reps. Example lifts would be: 455 x 5, 475 x 5, 515 x 3, 545 x 3, 575 X 1. Each session try to push the weight up 5-10 lbs from previous cycle.

Weeks 2, 6, and 10 - Bench press on to a 3" or 4 1/2" board with chain attached to the bar. Use 70# - 80# of chain and have the chain completely de-load as the bar touches the board and have all the chain suspended from the floor at lock out. Try using the 3" board Week 2, the 4 1/2" board Week 6, then the 3" again on Week 10, and try to establish new records over week 2. Use 5, 3, 3, 1, and 1 rep worksets. Example: lifts on a 3" board would be: 385 x 5, 415 X 3, 445 X 3, 465 X 1, and 480 X 1.

Weeks 3, 7, and 11 - Bench press work with a bench shirt on. I suggest work on a 3" board on Week 3, working up to a max. On Week 7 do work on a 1 1/2" board, working up to a max. On Week 11, use this session as if it were a meet. Set yourself up to make 3 attempts that resemble meet day and use meet day timing of 10-15 minutes between attempts and have training partners call full commands as per your federation.

Weeks 4, 8, and 12 - This is my down week, so to speak. I do dumbbell presses on this day. I do 3 sets of 20 reps with 2 minutes of rest inbetween sets. Do these on a

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 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 the 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 1.2 (600 divided by 500).



Until the recent IPF Men's World Championships, **Scott Lade** was the IPF World Record holder in the three lift Bench Press competition category, for the 275 lb. weight class, with 661. (Lambert photo)

bench and use the same weight for all 3 sets, using 80#-120# dumbbells. This workout will get the blood flowing and help you recover from the heavy workouts in the 3 weeks prior.

Throughout all 12 weeks my assistance work is pretty constant. I follow bench press work with smith machine front shoulder presses, 5 sets of 5-8 reps. Follow this with tricep extensions using a barbell, 5 sets of 6-12 reps. Next, do barbell rows for 4 sets of 8-10. Finish with rear delts using dumbbells, 3 sets of 12-15 reps.

This workout is designed to improve your bench press using a bench shirt. I strongly suggest using the Titan Fury or F6 bench shirt. I have found these shirts to be easy to use, very supportive, and hold up well to use and abuse. You will become strong using this workout, but will especially develop the top end strength to lock out the big press you've been shooting for. In 12 weeks an improvement of 25lbs., to as much as 100lbs. in a bench shirt, could be seen. Good luck, train real hard, and smash your old records to bits.